THE Messenger
Community | news | events | health | lifestyle | reviews | activities | and much more
Lakes, Bay & Region February 20 2016 Vol. 11 Also Available Online
Your free weekly magazine

REDCLIFFE MAN TO DROP 50K FOR KIDS WITH CANCER

HOW YOU CAN HELP HIM RAISE ANOTHER 50K WITH A 2000KM PILGRIMAGE

$25 CHARITY BUFFET AT MON KOMO FOR KIDS WITH CANCER

AND THE SURVEY SAYS ROUNDABOUT UPGRADE IS #1 LOCAL ISSUE

ACCC MUST INVESTIGATE LOCAL FUEL PRICES SAYS RACQ

RENO ADVICE:
We are building but we're stuck on exterior colours

Removing or scaling back negative gearing would actually hurt the most vulnerable in Queensland: REIQ

LEONIE ON:
I'm newly married and am having a hell of a time with my new husband's kids

Your Say
IKEA (a poem)
Twitcher
More on Masters

FILM REVIEW
DEADPOOL

TRADES & SERVICES DIRECTORY

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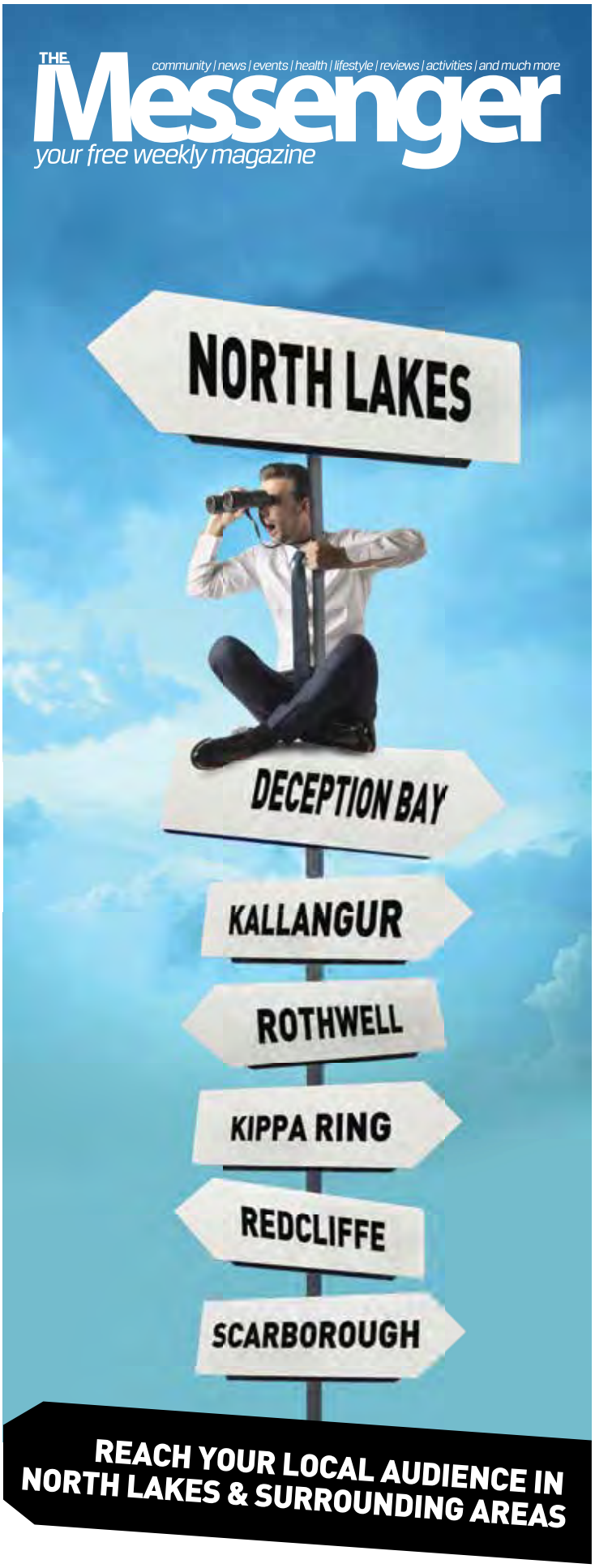

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THE Messenger

Now in its eleventh year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.
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Contact Us

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The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education.
Email your reports and pictures to Editor Dan Fidler via:
editor@northlakesmessenger.com.au

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For all advertising rates, conditions and bookings please contact Advertising Manager Jodi Doe on **3881 3322** Tuesday to Thursday. Other times please call **0488 112 822** or email **adz@northlakesmessenger.com.au**

Please note:

- Business hours are week days 9am to 5 pm.
- All advertising is to be pre-paid.

Advertising deadline (including Classifieds) is 12 midday Thursday one week prior. Incomplete art due Tuesday midday one week prior.

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For all distribution enquiries and requests please contact our Distribution Manager, Ali Hunt via:
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Other Contacts

For Community Notice Board and Your Say please email:
community@northlakesmessenger.com.au observing the requisites and disclaimers printed on their relevant pages.

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The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.

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The treatments will target saltmarsh mosquito larvae in tidal areas including Hays Inlet, Dohles Rocks, Griffin, Lawnton and Deception Bay, following higher tides last week

Helicopter returns to the sky to target mosquitos

Moreton Bay Regional Council's vector management helicopter has returned to the skies for saltmarsh mosquito treatments.

The treatments will target saltmarsh mosquito larvae in tidal areas including Bribie Island, Toorbul, Nigni and Beachmere, following higher than predicted tides recently.

Council will treat the southern areas of the region including Redcliffe, Deception Bay, Mango Hill, Griffin and Lawnton for saltmarsh mosquitos on Wednesday, February 10 pending favourable flying conditions.

Barrier and fogging treatments in the parks and reserves for adult mosquitoes as required.

Residents are reminded to empty any containers around the home such as pot plant saucers and old tyres that may collect rain water and provide ideal breeding conditions for freshwater container mosquitoes.

Products for adult mosquitoes control around the home are available from most hardware shops for residents wishing to treat around their property.

Residents are also advised to apply insect repellent if outside particularly around sunrise and sunset.

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Happy as Barry

30k for Guide Dogs Queensland thanks to Cornetts Supermarkets

Last week Cornetts Supermarkets presented Guide Dogs Queensland and Guide Dog-in-training Barry (pictured) with a cheque of $30,000 from the funds raised at their annual Golf Day, held in October last year.

Guide Dogs Queensland hosted one of the holes on the day at North Lakes Golf Club and asked the golfers to play their shot aiming to get closest to the large Guide Dogs collection box that was on the fairway – all while blindfolded, and $30,000 was raised

This was the third Golf Day Cornetts Supermarkets have hosted with Guide Dogs as the beneficiary and they plan to continue supporting with their annual golf days in the future.

Established in 1960, Guide Dogs Queensland helps to equip, empower and educate Queenslanders who are blind or vision impaired, of all ages, with a range of orientation and mobility services, not just the iconic Guide Dogs. All of these services are offered free of charge.

Receiving less than seven per cent Government funding for some specific rehabilitation services, and none for the Guide Dogs, relying on the generosity of individuals and organisations with ventures like the golf days are paramount.

For more information visit guidedogsqld.com.au

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what's possible
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Have Your Say

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These submissions aren't edited for grammar, punctuation or spelling to retain the authors original intent.

IKEA

I had a dream, a great idea, which doesn't happen often,
I'd propose it to Ikea, that they make a Flat Pack Coffin,
Oh some may gasp, but most will grasp, this concept and it's worth,
That you should plan for the future,when departing from this earth.

We all build stuff, and we love it, while we're living,when we die,
Do you think that we're above it? let's embrace it; DIY.
So, realise that your demise, prob'ly cost a flaming mint,
Allen Key yerself a casket, do not leave your family skint.

So I sent them off my concept, waited for their accolade,
Which came quicker than expected, what I read left me dismayed,
"Sir we thank you for your interest, do you live out in the sticks?
We've had coffins in our catalogue since 1986,

But,to reward your time and effort, we will send one free of charge,
To ensure eternal comfort, tick, small, medium or large.

Long John Best 2016

Twitcher

Twitcher states the magpies have been killed! We feed 2 butcher birds with one young and the same with with magpies (3)also all on our table most days. They failed to appear for about 2 weeks recently but they have reappeared. Where did they go? If they don't migrate.

I would hate to be the accused with TWITcher on the dury!
Regards,

Mike M

More on Masters

In response to Masters site by Derrik.
I totally agree that we need more things for families to do.
A bowling alley, mini putt putt or even an ice skating rink or roller skating rink would be great. I wouldn't mind seeing a decent aquatics center open too.

Emma B

Survey shows Roundabout Upgrade is #1 Local Issue

An Upgrade to the Rothwell Roundabout is one of our top road issues, according to Luke Howarth MP's Biggest Survey results.

Federal Member for Petrie Luke Howarth MP said many locals would have been frustrated to read in the paper last week that the State Government is still short on funding for a Rothwell Roundabout upgrade.

"The State Member for Murrumba thinks he can trick people into believing progress is being made by releasing the 'latest plans' for the upgrade.

"Yet these exact plans were released publicly by the Newman Government back in January 2015.

"This is not progress, and unfortunately there will be no progress until the State Government starts taking responsibility for its infrastructure."

Sign the petition at www.fixrothwell.com.au

In December last year, Luke Howarth MP was joined by Deputy Prime Minister and Minister for Infrastructure and Regional Development, the Hon Warren Truss MP, to announce $11.7 million Federal funding for the upgrade.

"I commend the Moreton Bay Regional Council for coming on board and committing $3.2 million to this project," said Luke Howarth MP.

"It's now time for the State Government to fund the remainder, so the upgrade can finally go ahead."

Luke Howarth MP is inviting locals to join him in calling on the State Government to fund the remainder.

Pictured: Luke Howarth MP announcing the Federal Government's $11.7 million contribution to the Rothwell Roundabout, joined by locals and the Minister for Infrastructure and Regional Development, Warren Truss MP.

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Chest & Stomach laser hair removal treatment ONLY $89* SAVE $244 (male)
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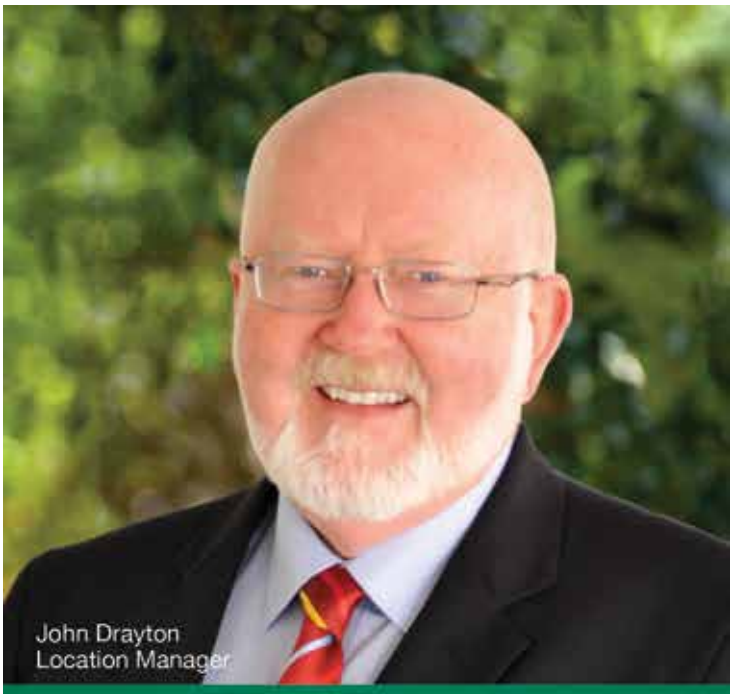

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E: info@fivestardance.com.au

Classes held at Five Star Dance Academy studios, 8 Wills Street, North Lakes Business Park.

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The Scourge of Social Media
10 Tips Brought To You By

Turner Freeman Lawyers, North Lakes

Many of our clients think nothing of sharing details of their personal lives with the world through social networking sites. For this very reason, insurance companies, investigators and defence lawyers may seek to compel access to our client's social media accounts, computers, mobile phones, and hard drives. They may then use this information to undermine a claim – for example, suggesting the Claimant is exaggerating or is not suffering total and permanent disability and hence is not otherwise entitled to insurance benefits.

Stories abound of insurers scouring social media to assess if a claim may be denied because posted photos show the insured smoking, when this was earlier denied in a Life, TPD or Trauma insurance proposal. Or of an employer accessing a worker's Facebook and using that information to support a termination of employment. Even innocent banter on social media might be misinterpreted.

Here are 10 social media tips and warnings*.

1. **Data content cannot be destroyed or sought to be permanently deleted.** Destruction of potential evidence creates bigger problems than the information itself. In court claims, the destruction of material which is otherwise disclosable can amount to a contempt of court. Preserve all computers, tablets and mobile phones. You have an obligation to preserve records if you are involved in a claim process.
2. **Archive the contents of current accounts.** Most social media sites include directions for archiving. In this way, content is preserved and, provided it is archived correctly, may be removed from a current and visible portal.
3. **Deactivate or stop using social media accounts.** Consider deactivating a Facebook or other social media accounts. If deactivation is thought socially impossible, take care when adding a new post; information which could touch upon injury, impairment or other activities and which may be misinterpreted is best avoided.
4. **Turn on the highest privacy settings.** Ensure that only friends can see your information, rather than friends of friends or the general public. Facebook's "view as" feature is a useful tool that allows users to view their profile as it appears to someone else, whether a stranger or a Facebook 'friend'. Facebook publicly displays your "interests" even if your account is otherwise designated as private.
5. **Be aware of 'friends'.** Create "friend lists" so that only certain friends can see your photo albums and status updates. Remove any 'friends' you do not know well or at all, and accept friend requests only from people you trust.
6. **Make yourself less visible.** You can remove yourself from a Facebook search result by select "only friends" under the "search visibility" option in your profile setting. You can also remove yourself from Google by unchecking the box for "public search listing" in your internet privacy settings. You can make comparable changes to privacy settings on all other social media accounts.
7. **Take down photos.** After archiving current content, you can remove and untag all photos of yourself that are not simple headshots;
8. **Be cautious.** Assume that anything you write on your social medical account – including status updates, messages, and wall postings – will be avidly read by insurance claims officers, insurance lawyers, and later by a judge. Consider how those comments might be perceived, especially when taken out of context.
9. **Avoid sending messages about your case.** Careless communication can destroy a case.
10. **Avoid joining websites or web chat groups.** You don't own the information you post online. Information you post is highly searchable. You should not enter information on dating or insurance websites, post on message boards, participate or comment on social media "private" groups or blogs, or use chat rooms.

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* Source – Trial Magazine, January 2016

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Local Everyday Hero Mike Trench is dropping 50k for kids with cancer and could really use your help

The goal is to raise 100k

Is there anything more heartbreaking than a child with cancer? There really isn't, and retired Redcliffe businessman Mike Trench decided that he could do something to help families suffering the heartbreak of childhood cancers.

After retiring from the mining industry Mike found himself in the fortunate position to be able to spend time with family, including two wonderful, young and healthy grandchildren.

"I started to think about those less fortunate families whose lives are turned upside down when cancer strikes their children. Thus, the thought to do something to raise funds to help these families slowly took shape in the form of a sponsored walk" Mike said.

Mike has been walking around 25km a day since January 2015 so he formed a plan that would combine his love of walking with a passion for adventure and a goal to raise $100,000 for kids with cancer.

"I've decided to walk solo from Canterbury in England, through France and over the Great St Bernard Pass in Switzerland then down to Rome in Italy. This 2000km walk traces the original Via Francigena, a pilgrimage that dates all the way back to the Middle Ages."

It's a solo walk so Mike will be walking unaccompanied with only a backpack, navigational aids and electronic gear required to document the trip via a blog and photos. You'll be able follow Mike's journey at facebook.com/CancerKidsPilgrimage

Knowing that actions speak louder than words Mike has committed to a $50,000 personal donation of his own

"Accommodation and meals will be wherever and whatever I can find along the way. Hopefully I will not have to resort to using my tent and limited cooking skills too regularly" he said.

With a goal to raise a $100,000 charitable donation, Mike's search for the right charity was long and hard, finally settling on the Kids With Cancer Foundation. Mike chose this particular charity because 100% of all direct donations to Kids with Cancer Foundation are passed on to struggling families and to children's hospitals where they are treated. No management fees, salaries or any running costs of the Foundation are taken from donations. Every donation of $2 or more is tax deductible.

Knowing that actions speak louder than words Mike has committed a $50,000 personal donation of his own. He's hoping that this generous donation will encourage others to help reach another $50,000, for a total of $100,000.

"For each dollar donated, I will donate two dollars, until I have donated $50,000" Mike said, in an astounding display of generosity.

"I will of course be covering all of my own costs but I am inviting you to join me by becoming a donor via my Everyday Hero link on the Kids With Cancer Foundation website, I urge you to think of kids with cancer and their families and then donate whatever you can reasonably afford."

"Together we can make a difference to those who need it most" Mike finished.

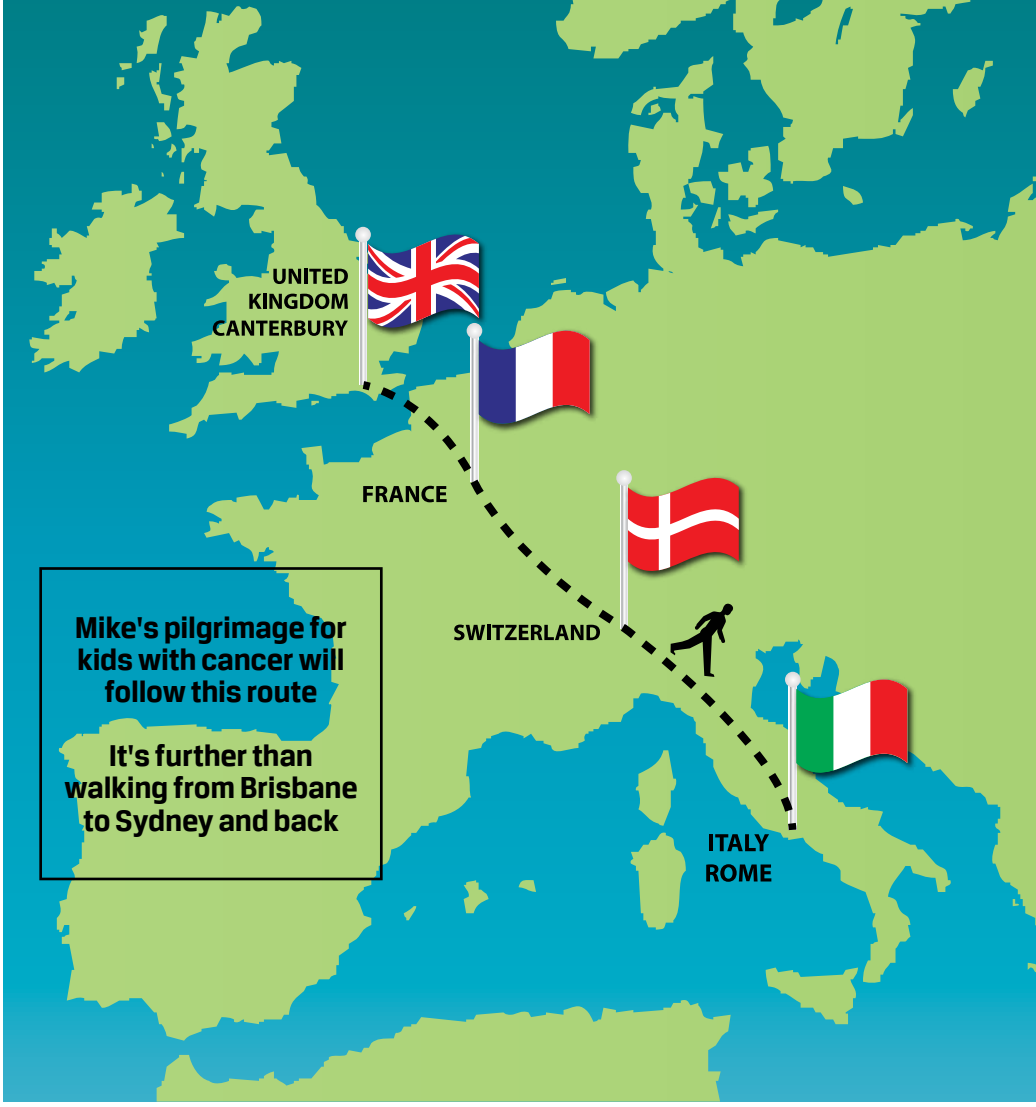
To donate to this great cause or for more information go to http://www.cancerkidspilgrimage.com/

$25 charity buffet at Mon Komo for kids with cancer

Show some support to this great cause when Mon Komo Hotel hosts Mike's Kids With Cancer Foundation Charity Dinner on Thursday February 25 from 6.30pm to 9.30pm.

There will be a buffet menu and a welcome drink on arrival. Cost is only $25 per person.

For more information about the charity dinner and to book contact 0732846520 or events@monkomohotel.com.au


UNITED KINGDOM CANTERBURY
FRANCE
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Mike's pilgrimage for kids with cancer will follow this route
It's further than walking from Brisbane to Sydney and back

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The practice now welcomes **Dr Ritesh Prasad** to our growing team, who is consulting on Mon, Thurs & Fri 8.30am – 5pm, Tue & Wed 9.30am – 8pm. Dr Prasad enjoys all aspects of general practice and has a special interest in Skin Conditions, Paediatrics, Cardiology, Oncology, Pre-Employment Medicals and Women's Health. After 7 years of Family Practice in Hervey Bay, Dr Prasad has moved with his family to Brisbane and looks forward to servicing the North Lakes community.

We are located not far from the new Costco and Bunnings and are situated next door to the **United Chemists North Lakes** now open 8am till 8pm 7 days a week. There is ample parking with ease of access into our premises and ample access for wheelchairs and electric scooters.

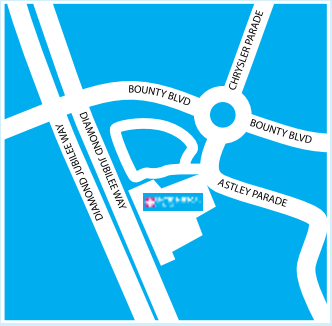
The Practice offers Bulk-Billing for:

- **children 0 - 16 years and**
- **pension/concession card holders**

The practice now offers the convenience of online bookings at **www.unitedmedical.net.au** or download the Health Engine app to your phone.

The friendly team at **United Medical Centre - North Lakes** are committed to providing exemplary health care provided by our exceptional medical team.

Please call 3482 3123 for your next appointment or



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Thursday entertainment just got even better at Norths!

Norths has recently launched a brand new Thursday entertainment show, "Morning with the Stars." This sensational show is hosted by Australia's funniest impersonator, Davo and each week will feature an exciting guest artist. Some of the guest artists we have seen at the Club so far include Fortunato, Cathy Drummond, Andrew Pryor and George Harvey.

Tickets for this entertainment spectacular start from $6 and include morning tea and a raffle ticket however if you are feeling peckish, the option is there to upgrade to a delicious lunch for $14 and dessert for $16 from the Char restaurant. Each month the chef's come up with new meal offerings sure to suit everyone.

There is excitement aplenty at this show with raffles running throughout. Each raffle winner gets to select their prize from the fantastic range of items on offer each week. Don't forget to stick around until the end of the show though; you could be the lucky winner of the cash jackpot!

Morning with the Stars is not just great entertainment, it is a perfect social day out and group bookings are available. For more information or to book please email functions@northsleagues.com

We look forward to seeing you at Norths soon and hope you enjoy the exciting new entertainment!

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On Sunday 28th February 2016 Brisbane Swimming will be holding a free McDonald's Swimming Clinic for children aged 7-12 years of age. This will be open to anyone that is interested and they do not need to be a member of a swimming club or swim at the Caboolture Aquatic Centre.

Dual Olympian Meagen Nay will be at the event talking to the kids and helping with the clinic.

The event runs from 8am-11am. Sunday, 28 February 2016 at Caboolture Regional Aquatic & Leisure Centre, 1 Aquatic Centre Dr, Morayfield, Burpengary

This event is free but registration is required. Go to www.brisswim.org.au to register. Hurry, RSVP's close one week before Clinic.

The event runs from 8am-11am. Sunday, 28 February 2016 at Caboolture Regional Aquatic & Leisure Centre

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Film Reviews with Ange Dean

Deadpool

The origin story of former Special Forces operative turned mercenary Wade Wilson. Armed with new abilities and a dark, twisted sense of humor, Deadpool hunts down the man who nearly destroyed his life.

Deadpool is the name of a Marvel Comic anti-hero. In his earlier life Deadpool was Wade Wilson a former Special Forces operative turned mercenary, but after an experiment (which we all knew would go wrong) his personality and appearance changed dramatically. He was also left with super healing powers. There are flashbacks in the film to his earlier life before the transformation where we learn he was in love with Vanessa (Morena Baccarin). She is beautiful and bad – a lethal combination.

After the experiment almost ruins his life Wade Wilson leaves Vanessa behind and in his new persona as Deadpool sets out on a mission to hunt down and kill the man who destroyed him, Ajax (Ed Skrein Game of Thrones fame).

Directed by Tim Miller, the anti-hero Deadpool is played by Ryan Reynolds.. Played brilliantly by Reynolds he appears on screen as a smart-mouthed super hero who gets away with the most outrageous antics. The film is funny, fast, shocking, over-the-top, yet after all the 'serious' superhero films, Deadpool is an unexpected pleasure.

The film is full of action, obscenities, drama and very funny. Also nothing has been done like this before.

R rated so keep that in mind.
I'm giving it 4 stars.

see more at www.facebook.com/AngeDeanFilmReviewer

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Conversations with Leonie

I'm newly married and am having a hell of a time with my new husband's kids

Hi Leonie,

I really love your approach and am half way through my own counselling studies. I'm newly married and am having a hell of a time with my new husband's kids.

They are all adults with families of their own but they just don't accept me no matter how hard I try. I feel like they're using withdrawal from their father as a way of driving a wedge between us. If we are throwing a dinner or a barbeque and my husband asks them over they always respond with – will she be there? – Of course I will be there; it's my house for goodness sake.

Sometimes they come and sometimes they don't. When they do come they complain about everything: the salad is boring, there's no good music and everything under the sun. They say mum does it like this and mum always makes food this or that way. They are a bit rude but not overtly in front of their father and they really like to rub their mother and her achievements in my face.

I am happy for their mother to do well but I don't want to be compared with her. As I said, I am a good way through my counselling studies but have not learned anything about handling grown step children. Help me if you can with some insight or whatever. Thanks

Veronica/Woodside

Hi Veronica,

Coping with step children of any age can be hard but adult step children can really cause upset for everyone if they put their minds to it. Sometimes when marrying someone with adult children we can see things go smoothly with the step kids welcoming us into their lives, but it often doesn't go so well.

Adult step children may doubt your intentions or have an opinion on why you are with their father or mother especially if they are financially well off. You may feel judged and excluded from family gatherings and have to endure endless comparisons to their other parent.

Common comparisons are around attractiveness, wealth or success, education and social standing. If you want to avoid letting adult step children wreck your relationship, think twice before going to 'the mattresses' with them. Conversely don't let them disrespect you in any way and you need to have your partners support in this. We need to find that line where you don't give them fuel to fire up their campaign to split up the relationship but also maintain respect. If you go into the relationship with these adults expecting there to be barriers with a readiness to face these, you may find the going easier and things won't come as such a disappointment.

Another thing to consider is that it can be devastating to see your parent with someone who makes them happy and truly loves them for who they are warts and all. It can hurt to know that their biological parents couldn't achieve this level of loving partnership in their marriage. It's important to realise that this has nothing to do with you and everything to do with disappointment of how their family of origin has now fractured.

Imagine how it would feel if your dad was largely disengaged when he was with your mother, you rarely saw any displays of affection, they argued all the time and he never really genuinely laughed with his heart. Then he takes up with someone else and he is always happy and engaged. He hugs his new wife all the time and they seem to always be in a 'deep and meaningful' about something. He has started to hug you and tell you he loves you and you think to yourself "Now he loves us, he's just copying her" You can see how all this can hurt so tread gently.

I suggest that you give your hubby a copy of this column, ask for his support and always be the one who acts with integrity. If the marriage is successful, sooner or later they will realise that you are here to stay and that there is nothing they can do about it. Don't try so hard. Be yourself and don't let this all weigh you down. Given time you may find that these kids grow to first respect you and then to love you. I hope that learning about he normality of your situation will give you some comfort.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.
For appointments please phone 3886 2715 or 0423 653 841

Rachael Macnaught as Mary

Kristie Pitt as Winifred Banks, Dublin Condon as Jane Banks, Reagan Warner as George Banks and James Flitcroft as Michael Banks

Jeremy Hauter as Michael and Charlotte Rubendra as Jane with Lauren Roche as Mary

Rachael Macnaught as Mary and Mike Lapot (co-choreographer) as Bert

It's a Jolly Holiday with Mary

Mary Poppins is the ultimate family-friendly, wholesome musical, full of wonderfully magical moments. Based on the similarly titled series of children's books by P. L. Travers and the 1964 Disney film, this spectacular production includes all of the classic songs you love; Chim Chim Cher-ee, Spoonful of Sugar, Jolly Holiday, Step In Time, Practically Perfect, Feed the Birds, and of course, Supercalifragilisticexpialidocious!

Redcliffe Musical Theatre are thrilled to bring this Disney musical spectacle to the stage of the Redcliffe Cultural Centre in March 2016. The company that brought you Phantom of the Opera in December 2013 and The Wizard of Oz in August 2014 will again be investing significantly in this production and bring the sets and costumes from the Australian Premiere to support the spectacle. Under the direction of Madeleine Johns with a 16 piece orchestra under the baton of Lucas D Lynch this is a musical theatre event not to be missed.

Living Faith Lutheran Primary's James Flitcroft aged 11 from Petrie will be performing as the adorable but decidedly naughty Michael Banks in Redcliffe Theatre's production of Mary Poppins that will run from the 4th to 20th of March at the Redcliffe Cultural Centre. For one so young this is a major theatrical role. There are 4 rotating sets of Banks' children that will share the roles over the 12 show season.

The Banks' Children are in nearly every scene. James says "I love how Michael has different moods - sometimes witty, sometimes joyful. I have enjoyed playing a bratty child, and then all of a sudden change in temperament with the new nanny. It's challenging to see the transition they go through."

Sacred Heart primary student Dublin Condon aged 11 from Sandgate will be performing as the adorable but decidedly Bratty Jane Banks in Redcliffe Musical Theatre's production of Mary Poppins – she is paired with James Flitcroft.

Dublin says "I like how I'm the boss of Michael and bossing the servants and lower classes about. I love the dancing and the music." The Banks children are in nearly every scene and Dublin has been challenged learning the blocking & memorising the choreography. Dublin says "Everyone will love the music and the comedy, the ending and how it comes together with Mary's help - how we all come to love Mary Poppins"

You will be charmed by these young performers in such a huge community production so do not miss seeing James as Michael Banks and Dublin as Jane Banks – they are one of 4 sets of Banks children that will charm your cotton socks off!

www.redcliffemusicaltheatre.com.au
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ACCC must investigate Brisbane fuel prices: RACQ

The State's peak motoring body has renewed calls for the Australian Competition and Consumer Commission (ACCC) to launch a formal investigation into Brisbane fuel prices, after fresh data revealed our prices were higher than other major cities.

An ACCC report released recently showed unleaded petrol (ULP) prices in Brisbane had been on average 3.2 cents per litre (cpl) higher than in Sydney, Melbourne, Adelaide and Perth since 2009.

RACQ spokesperson Renee Smith said enough was enough and it was time for the ACCC to act.

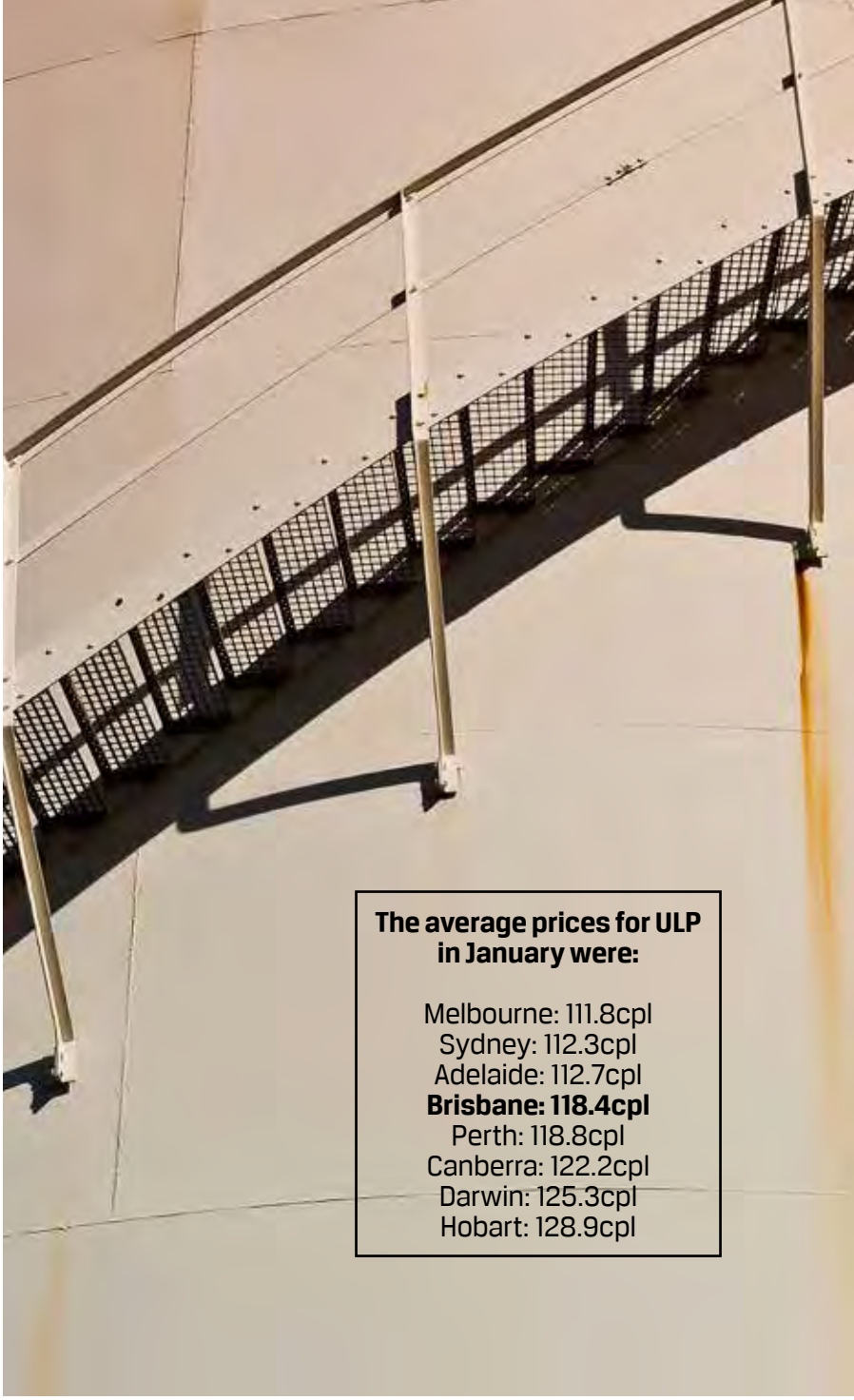
"While today's report points to the retailers being to blame for Brisbane's higher prices, we can't simply assume this, without getting the hard facts," Ms Smith said

"We've been calling for an investigation for some time, and with the ACCC's own data proving prices are too high here it's time for action.

"We're sick and tired of Brisbane motorists paying too much and it's time for a fair go."

The ACCC's December 2015 quarterly report on the Australian petroleum industry can be found on its website.

RACQ's January 2016 monthly fuel price report can be found on its website.



The average prices for ULP in January were:

Melbourne: 111.8cpl
Sydney: 112.3cpl
Adelaide: 112.7cpl
Brisbane: 118.4cpl
Perth: 118.8cpl
Canberra: 122.2cpl
Darwin: 125.3cpl
Hobart: 128.9cpl

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Mixed success in closing health gap

By Dr Anita, Brisbane North PHN

Progress on key Indigenous health outcomes has been mixed, according to a new government report on a national initiative that aims to improve the lives of Aboriginal and Torres Strait Islander people.

Prime Minister Malcolm Turnbull tabled the eighth Closing the Gap report in parliament last week and he acknowledged that ending the disparity between Indigenous and non-Indigenous Australians was complex and challenging.

In a statement, Mr Turnbull said Australians were proud of having built an egalitarian country where everyone had the same chance to realise their dreams and to fulfil their potential.

But he said until Aboriginal and Torres Strait Islander people had the same opportunities for health, education and employment, we could not truly say we lived in a country of equal opportunity.

"Closing the Gap targets remain a key government priority and these must be accompanied by the recognition of the success of many Indigenous people in many areas," Mr Turnbull said.

There had been some positive gains, Mr Turnbull said, noting that Indigenous mortality rates were declining, especially deaths from circulatory diseases such as heart disease and stroke.

The report found the mortality rate among Indigenous children was down by around a third since 1998 and that the rate of Indigenous children under five recorded as fully-immunised had risen to 94 per cent, higher than the national average for all children.

But there has been no progress on closing the 10-year life expectancy gap between Indigenous and non-Indigenous Australians. According to figures released in 2013, Aboriginal and Torres Strait Islander males can expect to live to 69.1 years of age, on average, and women to 73.7 years.

Speaking to ABC Radio's AM current affairs program, Aboriginal and Torres Strait Islander Social Justice Commissioner Mick Gooda cautioned against scepticism, despite the slow progress.

"There's a few issues people have got to understand here. One is that non-Indigenous health keeps improving, so the target isn't static; it keeps moving away from us," Mr Gooda said.

"So we've got to actually re-double the effort. If we kept things as they are now, all we would do is maintain the gap. Our health would be increasing but we're not closing the gap," he said.

"The other thing is it takes time. We think we'll start seeing big changes by about 2018. "Now I know that's another couple of years off, but that's the reality of dealing with people's health. It just doesn't improve overnight," he said.

Chairman of the National Aboriginal Community Controlled Health Organisation, Mr Matthew Cooke, said it was good there had been some positive gains made in areas like child and maternal health.

But, he said Aboriginal and Torres Strait Islander people were "still a long way from achieving the same health outcomes as other Australians".

"That's why it's absolutely imperative that we continue to see commitments to programs and health care models that work – programs created by Aboriginal people, for Aboriginal people which involve them in their own health and support them to have brighter futures," Mr Cooke said.

Mr Cooke noted it had been 10 years since the launch of the Oxfam's Close the Gap campaign. It was this campaign which had prompted State and Federal governments to agree on national Closing the Gap targets.

To view the Prime Minister's annual report to Parliament on progress in Closing the Gap, go to: http://closingthegap.dpmc.gov.au/. To read the response from the Close the Gap campaign steering committee, go to: http://ow.ly/Y9rMw.

Your Stars

Aquarius Jan 21-Feb 19: One advantage to being surrounded by outrages personalities is safety in numbers. Another is there's lots of people to hide behind if things get out of hand.

Pisces Feb 20-March 20: You know that the situations right, so act on it. Don't worry about explaining yourself. You'll be vindicated by week's end.

Aries March 21-April 20: Cool the engines or you could commit to something now that leaves you shaking your head in bewilderment later.

Taurus April 21-may 21: Waiting for someone to pay up will cost you in the end. Take what you can get and call it a day.

Gemini May 22- June 21: nothing excites you like the lively exchange of ideas. It's been a long time since you met someone who gets where your coming form.

Cancer June 22-July 23: Raise your price because you won't get more by settling for less. This is one of those times when you have to push yourself.

Leo July 24-Aug 23: That new direction is in danger of being watered down. It's up to you to push towards the fire.

Virgo Aug 24-Sept 23: You're stuck in a role and want something new. Introduce changes gradually because if you walk out on the part that you created, people will walk out on you.

Libra Sept 24-Oct 23: A romantic or financial partnership crosses the threshold. It may feel more like a stumble than an entrance, but it still a step in the right direction.

Scorpio Oct 24-Nov 22: Opinions are divided and you may be the polarizing figure. Talk about what everyone gains by pitching in and you'll be the hero of the day.

Sagittarius Nov 23-Dec 21: You have people's undivided attention. Tell them what you want, and they'll hop to it!

Capricorn Dec 22-Jan 20: Don't sign that contract just yet because you'll soon receive a competitive offer. It's your turn to keep the other party hanging.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Australian Geographic Adventures. **12.30** Hot In Cleveland. (PG) **1.00** Our Town Queensland. **1.30** Party Of Five. (PG) **2.30** Movie: The Replacements. (PG) (2000) **5.00** News: First At Five. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Aust Got Talent. (PG) **8.15** Aust Got Talent. (PG) **9.30** Movie: Ocean's Thirteen. (PG) (2007) **12.00** Movie: Detroit Rock City. (MA15+) (1999) **1.50** Movie: The Driver. (M) (1978) **3.35** Sue Thomas: F.B.Eye. (M) **4.30** Global Shop. **5.00** Leading The Way. (PG) **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **7.05** Looney Tunes. **7.30** The Day My Butt Went Psycho. **8.00** Scooby-Doo! (PG) **8.30** The Amazing World Of Gumball. **9.00** Adv Time. (PG) **9.30** The Batman. (PG) **10.00** Green Lantern. (PG) **10.30** Ben 10. (PG) **11.00** Heidi. **11.30** Move It. **12.00** Kitchen Whiz. **12.30** SpongeBob. **1.30** Wild Kratts. **2.00** My Surf TV. **2.30** Surfing Australia TV. **3.00** Rabbids. (PG) **3.30** Sonic Boom. **4.00** Yo-Kai Watch. (PG) **4.30** The Batman. (PG) **5.00** The Tom And Jerry Show. **5.30** Scooby-Doo! (PG) **6.00** Movie: Superman III. (PG) (1983) **8.30** Movie: Batman Forever. (PG) (1995) **11.00** Miniseries: Batman: The Dark Knight Returns. (M) **12.30** Arrow. (M) **1.30** The Batman. (PG) **2.00** Little Charmers. **2.30** Yo-Kai Watch. (PG) **3.00** Sonic Boom. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Wild Kratts. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Saturday Disney. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Water Polo By The Sea. **1.00** Movie: High School Musical 3. (G) (2008) **3.30** Better Homes. **4.30** News. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Cloudy With A Chance Of Meatballs 2. (G) (2013) Bill Hader. **9.05** Movie: 2012. (M) (2009) John Cusack, Amanda Peet. A global cataclysm threatens to destroy the world. **12.15** Revenge. (M) **1.10** Revenge. (M) **2.00** Shopping. **4.00** It Is Written. (PG) **4.30** Sons And Daughters. (PG) **5.00** Dr Oz. (PG)

7TWO

6.00 Shopping. **7.00** Saturday Disney. **9.00** Jessie. **9.30** Austin & Ally. **10.00** Shopping. **11.00** The Great Australian Doorstep. **11.30** Great South East. **12.00** Creek To Coast. **12.30** WA Weekender. **1.00** Horse Racing. Black Caviar Lightning Day. **4.30** Qld Weekender. **5.00** The Long Weekender. **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Fantasy Homes By The Sea. Jenni Falconer helps Phil and Linzi. **8.30** Escape To The Country. Prospective buyers find their dream home. **9.30** Original Features. Nick Knowles meets the Wilkes family, who recently moved into a 1960s suburban house in South Glamorgan. **10.30** Storage Hoarders. **11.30** Bargain Hunt. **12.30** The Great Australian Doorstep. **1.00** Great South East. **1.30** Creek To Coast. **2.00** The Long Weekender. **2.30** Qld Weekender. **3.00** WA Weekender. **3.30** Movie: Honeymoon. (G) (1947) **5.00** Canada Wild.

TEN

6.00 Fishing Edge. **6.30** The Home Team. **7.00** iFish. **8.00** Family Feud. **8.30** St10. (PG) **11.00** The Living Room. **12.00** The Doctors. (PG) **1.00** Healthy Homes TV. **1.30** Everyday Gourmet. **2.00** Places We Go With Jennifer Adams. **2.30** The Home Team. Final. **3.00** Jamie & Jimmy's Food Fight Club. (PG) **4.00** What's Up Down Under. Final. **4.30** Escape Fishing With ET. **5.00** News. **6.00** Jamie's 15-Minute Meals. Jamie whips up a selection of meals. **6.30** Movie: Night At The Museum: Battle Of The Smithsonian. (PG) (2009) Ben Stiller, Owen Wilson. **8.35** Movie: Jack Reacher. (M) (2012) Tom Cruise, Robert Duvall, Rosamund Pike. A former US Army military police officer investigates the shooting of five innocent civilians. **11.15** Movie: The Reckoning. (M) (2014) Jonathan LaPaglia. **1.00** Shopping. **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** Reel Rock. (PG) **8.30** Whacked Out Sports. (PG) **9.30** World Sport. **10.00** Operation Repo. (PG) **12.30** Car Torque. (PG) **1.00** Motor Racing. World Series Sprintcars. **2.00** Land And Sea Rangers. **3.00** Adventure Angler. **3.30** World's Busiest. (PG) **4.30** David Attenborough's Africa. **5.30** David Attenborough's Animal Attraction. (PG) **6.30** Monster Jam. **7.30** Black Gold. (PG) **8.30** To Be Advised. **9.30** Ripper Street. (M) **10.35** Rush. (MA15+) **11.30** Bellator MMA. (M) **1.30** The Home Team. **2.00** Undercover Boss. (PG) **3.00** World's Busiest. (PG) **4.00** Black Gold. (M) **5.00** Football's Greatest Teams. (PG) **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.30** Rage. (PG) **11.30** Antiques Roadshow. **12.30** Griff's Great Britain. (PG) **1.00** Golf. Women's Australian Open. Round 3. **6.00** One Plus One. **6.10** Restoration Man. **7.00** News. **7.30** Death In Paradise. **8.30** Cuffs. (M) **9.30** Jack Irish. (M) **10.25** Adam Hills: The Last Leg. **11.15** Black Comedy. (M) **11.40** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **11.30** In The Night Garden. **12.00** Sesame Street. **12.30** Arthur. **12.45** Maya The Bee. **12.55** Lah-Lah's Adventures. **1.10** Tinga Tinga Tales. **1.25** LazyTown. **1.50** Messy Goes To Okido. **2.05** Mike The Knight. **2.20** Q Pootle 5. **2.30** Let's Go Pocoyo. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Penn & Teller: Fool Us. (PG) **8.15** Would I Lie To You? (PG) **8.45** Wil Anderson: Wiluminati. (M) **9.45** Live At The Apollo. (M) **10.30** Inside Amy Schumer. (M) **10.55** The Office. (M) **11.25** Extras. (M) **11.55** Comedy Up Late. (M) **1.05** The Incredible Mr Goodwin. (M) **1.15** Mock The Week. (M) **1.40** News Update. **1.45** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Figure Skating. Four Continents Championships. Men's and pairs program. Highlights. **3.30** Massive Moves. **3.55** Massive Moves. **4.20** Life And Death In The Valley Of The Kings. (PG) **5.25** Who Do You Think You Are? (PG) **6.30** SBS World News. **7.35** Coasts Of Ireland. **8.30** Movie: Little Miss Sunshine. (M) (2006) **10.20** RockWiz. (M) **11.25** Miniseries: The Escape Artist. (MA15+) **12.30** Miniseries: The Escape Artist. (M) **1.35** Miniseries: The Escape Artist. (M) **2.40** Movie: Uncle Boonmee Who Can Recall His Past Lives. (M) (2010) **4.45** The Lala Road. (PG) **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS TWO

6.00 WorldWatch. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Soccer. A-League. Round 20. Melbourne Victory v Adelaide United. Replay. **3.00** Charley Boorman's Extreme Frontiers: South Africa. (PG) **3.55** The Brain: China. **5.35** Movie: Spirited Away. (PG) (2001) **7.55** If You Are The One Australia Special. **9.25** Bear Grylls' Mission Survive. (M) **10.20** Commando School. (M) **11.15** Vikings. (MA15+) **12.10** Vikings. (M) **1.00** Vikings. (M) **1.50** Vikings. (MA15+) **2.45** Vikings. (M) Final. **3.40** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

6.30pm Wild (2014) Biography. Reese Witherspoon. (MA15+) *Masterpiece*
8.30pm The Gunman (2015) Action. Sean Penn, Idris Elba. (MA15+) *Premiere*
10.30pm Clash Of The Titans (2010) Action. Sam Worthington, Liam Neeson. (M) *Action*

GENERAL

6.20pm Holby City. (M) *BBC First*
8.30pm Trading Places. (M) *Universal Channel*
8.30pm Whose Line Is It Anyway? (MA15+) *Comedy Channel*

DOCUMENTARY

7.30pm Wives With Knives. (M) *Crime & Investigation*
9.30pm Big Cats *National Geographic Wild*
10.30pm How It's Made. (PG) *Discovery Science*

SPORT

5.00pm Soccer. A-League. Round 20. Newcastle Jets v Wellington Phoenix. *Fox Sports 4*
7.00pm Rugby League. NRL Charity Shield. South Rabbitohs v Dragons. *Fox Sports 1*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

2002

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** The Conversation. **10.30** Surfing. Australian Boardriders Battle. Highlights. **11.00** The Wild Life Of Tim Faulkner. **11.30** To Be Advised. **2.00** Ironman. Kellogg's Nutri-Grain Series. Round 5. **4.00** To Be Advised. **5.00** News: First At Five. **5.30** Customs. (PG) **6.00** Nine News. **7.00** Aust Got Talent. (PG) **8.15** 60 Minutes. **9.25** The Amazing Noughties. **10.30** The Embassy. (M) **11.30** CSI: NY. (MA15+) **12.30** Person Of Interest. (M) **1.30** V.I.P. (M) **2.30** Anger Management. (M) **3.00** Global Shop. **3.30** Skippy. **4.00** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **9.00** Adv Time. (PG) **9.30** Young Justice. (PG) **10.00** Green Lantern. (PG) **10.30** The Batman. (PG) **11.00** Power Rangers Dino Charge. (PG) **11.30** Rabbids. (PG) **12.00** Sonic Boom. **12.30** SpongeBob. **1.30** Wild Kratts. **2.00** Yu-Gi-Oh! (PG) **2.30** Little Charmers. **3.00** Yu-Gi-Oh! (PG) **3.30** Teen Titans Go! (PG) **4.00** Yo-Kai Watch. (PG) **4.30** Power Rangers Dino Charge. (PG) **5.00** The Batman. (PG) **5.30** Scooby-Doo! (PG) **6.00** The Looney Tunes Show. **6.30** Movie: Monsters Vs Aliens. (PG) (2009) **8.30** Movie: The Matrix. (M) (1999) **11.10** Troy. (PG) **12.10** The Magaluf Weekender. (M) **1.05** The Cube. (PG) **2.00** Little Charmers. **2.30** Yo-Kai Watch. (PG) **3.00** The Looney Tunes Show. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Wild Kratts. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Doc McStuffins. **6.30** Miles From Tomorrowland. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Lyndey Milan's Summer Baking Secrets. **12.30** I Dream Of Jeannie. **1.00** To Be Advised. **5.00** News. **5.30** Great South East. **6.00** News. **7.00** My Kitchen Rules. (PG) **8.30** Molly: The Real Thing. (PG) Celebrities share stories about Molly Meldrum. **10.00** Big Bang. (PG) **10.30** To Be Advised. **11.30** Heroes Reborn. (M) Final. **12.30** Zero Hour. (M) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Australia's Best Houses. (PG) **10.00** Home And Away Catch-Up. (PG) **12.30** Fantasy Homes By The Sea. **1.30** Escape To The Country. **2.30** Original Features. **3.30** Storage Hoarders. **4.30** 60 Minute Makeover. (PG) **5.30** World's Strictest Parents. (PG) **6.30** Bargain Hunt. **7.30** House Wreck Rescue. **8.30** Escape To The Country. City families move to the country. **9.30** Escape To The Continent. **10.45** Best Houses Australia. **11.15** Bargain Hunt. **12.15** World's Strictest Parents. (PG) **1.15** House Wreck Rescue. **2.15** Escape To The Country. **3.15** Escape To The Continent. **4.30** Movie: The Falcon In San Francisco. (PG) (1945)

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** The Home Team. **8.30** St10. (PG) **11.00** The Doctors. (PG) **12.00** The Doctors. (PG) **1.00** Just Go. **1.30** People Of The Vines. **2.00** GCBC. **2.30** Everyday Gourmet. **3.00** The Offroad Adventure Show. **3.30** Car Torque. **4.00** iFish. **5.00** News. **6.00** Family Feud: Sunday. **6.30** I'm A Celebrity… Get Me Out Of Here! (PG) **8.00** Modern Family. (PG) **8.30** The X-Files. (M) An art gallery is bombed. **9.30** Limitless. (M) **10.30** Movie: Stepmom. (M) (1998) **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Healthy Homes TV. **8.30** GT Academy. **9.00** Escape Fishing With ET. **9.30** Reel Rock. (PG) **10.30** World Sport. **11.00** Fishing Edge. **11.30** Temporary Australians. (PG) **12.00** Black Gold. (PG) **1.00** Undercover Boss. (PG) **2.00** 4WD Touring Australia. (PG) **3.00** The Offroad Adventure Show. **4.00** Megafactories. (PG) **5.00** What's Up Down Under. **5.30** Adventure Angler. (PG) **6.00** Family Feud: Sunday. **6.30** M*A*S*H. (PG) **7.30** Scorpion. (PG) **8.30** David Attenborough's Africa. **9.30** Movie: Jarhead. (MA15+) (2005) **12.05** World Sport. **12.35** David Attenborough's Animal Attraction. (PG) **1.35** Black Gold. (M) **2.30** World's Busiest. (PG) **3.30** River To Reef. **4.00** Temporary Australians. (PG) **4.30** Car Torque. (PG) **5.00** Football's Greatest Teams. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** Australia Wide. **11.00** World This Week. **11.30** Praise. **12.00** Landline. **1.00** Golf. Women's Australian Open. Final round. **6.00** Antiques Roadshow. **7.00** News. **7.40** Doc Martin. (PG) **8.30** Call The Midwife. (PG) **9.45** Joanna Lumley's Nile. **10.35** The Weekly. (M) **11.05** Redfern Now. (M) **12.00** Movie: New York, New York. (PG) (1977) **2.35** A Quiet Word With… Ross Noble. (PG) **3.05** Call The Midwife. (PG) **4.20** Joanna Lumley's Nile. **5.10** Doc Martin. (PG)

ABC2

6.00 Children's Programs. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Mike The Knight. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Build A New Life In The Country. (PG) **8.15** Dream Build. **8.25** Gruen Pitch Rewind. (PG) **8.30** The Warehouse Comedy Festival. (M) **9.00** Steve Coogan As Alan Partridge And Other Less Successful Characters. (MA15+) **10.30** Buzzcocks. (M) **11.05** Bodyshockers. (M) **12.05** Louis Theroux's LA Stories. (M) **1.05** Nick Baker's Weird Creatures. **1.55** Swamp Brothers. (PG) **2.20** Deadly 60. **2.50** News Update. **2.55** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** The World Game. **2.00** Speedweek. **4.00** Trawlermen. (PG) **4.30** Hidden Histories: Forgotten Photographs From WWI. (PG) **5.30** Tony Robinson's WWI. (PG) **6.30** SBS World News. **7.35** New Secrets Of The Terracotta Warriors. (PG) **8.35** Planes That Changed The World. (PG) **9.30** Monty Python Live: One Down, Five To Go. (M) **11.10** Monty Python's Best Bits (Mostly) (PG) **11.50** Movie: Dead Man Walking. (MA15+) (1995) **2.00** Movie: Mediterranean Food. (MA15+) (2009) **3.50** Hostile Environment. (M) **4.55** Around Midnight. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS TWO

6.00 WorldWatch. **8.30** Macedonian News. **9.00** PopAsia. (PG) **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Movie: Spirited Away. (PG) (2001) **3.20** Benidorm Bastards. (PG) **3.40** Be Your Own Boss. Final. **4.45** We Are Young. **5.50** The Brain: China. **7.30** If You Are The One Australia Special. **9.00** The Family Law. (PG) **9.30** The Family Law. (PG) Final. **10.00** Uncle. (M) Return. **10.35** The Perfect Vagina. (MA15+) **11.35** Sex: An Unnatural History. (MA15+) **12.05** In Her Skin. (PG) **12.55** In Her Skin. (PG) **1.50** Movie: Morphine. (MA15+) (2008) **3.50** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

8.30pm Avengers: Age Of Ultron (2015) Action. Chris Evans. (M) *Premiere*
8.30pm The Theory Of Everything (2014) Biography. Eddie Redmayne. (PG) *Masterpiece*
8.30pm 22 Jump Street (2014) Comedy. Channing Tatum, Jonah Hill. (MA15+) *Comedy*

GENERAL

7.00pm It's Always Sunny In Philadelphia. (M) *Comedy Channel*
7.35pm Bones. (MA15+) *SoHo*
8.30pm The Real Housewives Of Melbourne. (M) *Arena*

DOCUMENTARY

6.30pm A Place In The Sun (PG) *Lifestyle Home*
7.20pm Junior Bake Off. *Lifestyle Food*
7.30pm America's National Parks. (PG) *National Geographic Wild*

SPORT

8.00am Cricket. Trans Tasman Series. Second Test. New Zealand v Australia. Day 2. *Fox Sports 2*
2.00pm Football. NAB Challenge. Adelaide v West Coast. *Fox Footy*

2102

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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- Beta-carotene – a source of pro vitamin A and an antioxidant to help improve the appearance of sun damaged skin. It can also help to prevent the signs of ageing.
- Vitamin C – this is an antioxidant that protects against free radical damage. It also plays a role in the formation of collagen.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.10** Ellen DeGeneres. (PG) **1.10** Extra. **1.40** Aust Got Talent. (PG) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Aust Got Talent. (PG) **8.45** The Farmer Wants A Wife. (PG) **10.00** Who Do You Think You Are? (PG) New. **10.50** Flash Families. (PG) **11.50** Underbelly: Badness. (M) **12.50** Nine Presents. **1.00** V.I.P. (PG) **2.00** Danoz. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Sooty. **6.30** PAW Patrol. **7.00** Yo-Kai Watch. (PG) **7.30** Move It. **8.00** Kitchen Whiz. **8.30** Wild Kratts. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** Batman. (PG) **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** SpongeBob. **3.00** Wild Kratts. **3.30** Rabbids. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adventure Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.00** Top Gear. (PG) **9.30** Movie: The Departed. (AV15+) (2006) **12.30** Adventure Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids Invasion. (PG) **2.00** Wild Kratts. **2.30** Batman: The Brave And The Bold. (PG) **3.00** Little Charmers. **3.30** Yu-Gi-Oh! Zexal. (PG) **4.00** Power Rangers Megaforce. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Run For Your Life. (M) (2014) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) Hosted by Colin Fassnidge. **9.00** Downton Abbey. (PG) An idea of Mary's gives Anna new hope. Mr Carson and Mrs Hughes cannot agree. **10.00** Britain's Spending Secrets. (PG) **11.15** Benefits Street. (M) **12.25** The Amazing Race. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** Sally Bollywood. **8.00** Jay's Jungle. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** Australia's Best Houses. (PG) **12.00** Dr Oz. (PG) **1.00** Medical Emergency. (PG) **1.30** RSPCA Animal Rescue. **2.00** Australia's Best Houses. (PG) **2.30** Dealers. (PG) **3.30** Property Ladder. (PG) **4.30** 60 Minute Makeover. (PG) **5.30** Homes Under The Hammer. (PG) **6.30** Bargain Hunt. **7.30** Cities Of The Underworld. (PG) Eric Geller uncovers cities' hidden histories. **8.30** A Touch Of Frost. (M) Frost investigates when a couple return from holiday to find a stranger's body in their bed. **10.30** Waking The Dead. (MA15+) **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. (PG) **1.45** Property Ladder. (PG) **2.45** Dealers. (PG) **3.45** Waking The Dead. (MA15+) **5.00** Cities Of The Underworld. (PG)

TEN

6.00 Ent. Tonight. **6.30** GCBC. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Ben's Menu. (PG) **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity… Get Me Out Of Here! (PG) The celebrities play tug of war. **9.00** CSI: Cyber. (M) The team investigates a child abduction case where an abductor lures children through a mobile phone application. **10.00** CSI: Cyber. (M) A hacker takes control of all networked medical devices. **11.00** Elementary. (M) **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Adventure Angler. **8.30** Operation Repo. (PG) **9.00** David Attenborough's Africa. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** The Biggest Loser USA. (PG) **1.00** World's Busiest. (PG) **2.00** Walker, Texas Ranger. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (PG) **8.30** Movie: The Transporter. (M) (2002) Jason Statham. **10.30** The Comedians. (MA15+) **11.00** Walker, Texas Ranger. (M) **12.00** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Hogan's Heroes. **4.00** Jake And The Fatman. (PG) **5.00** Reel Rock. (PG) **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** News Mornings. **10.00** Landline. **11.00** Australia Wide. **11.30** Eggheads. **12.00** News. **12.30** Press Club. **1.30** One Plus One. **2.00** Parliament. **3.00** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.20** Media Watch. (PG) **9.35** Q&A. **10.40** Lateline. **11.10** The Business. **11.25** Golf. USPGA Tour. Northern Trust Open. Highlights. **12.20** Parliament. **1.20** Miniseries: The Pillars Of The Earth. (M) **3.10** Rage. (MA15+) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. (PG) **8.30** Louis Theroux's LA Stories. (M) **9.30** Ross Kemp: Extreme World. (PG) **10.15** Jimmy Fallon. (PG) **11.00** Steve Coogan As Alan Partridge And Other Less Successful Characters. (MA15+) **12.30** Doctor Who. (PG) **1.15** Jimmy Fallon. (PG) **1.55** News Update. **2.00** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Ukes In America. (PG) **3.05** The Lakes. **3.30** Britain's Best Drives. **4.00** Britain's Best Drives. **4.30** Coast. **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Who's Your Daddy. (PG) **8.30** Trawlermen: The Catch. (M) **9.25** Bear Grylls' Mission Survive. (M) **10.20** SBS World News Late Edition. **10.55** Romanzo Criminale. (MA15+) **11.50** Romanzo Criminale. (MA15+) **12.50** Shadows Of Liberty. (PG) **1.50** Legally Brown. (M) **2.20** Legally Brown. (M) **2.50** RocKwiz. (PG) **3.40** 24 Hours In Emergency. (M) **4.35** In Transit. **4.50** UK Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** Dara Ó Briain: School Of Hard Sums. (PG) **4.40** Vs Arashi. **5.35** The Office. (PG) **6.00** The Office. (PG) **6.30** If You Are The One. **7.30** The Feed. **8.00** Community. (PG) **8.30** UnREAL. (M) New. **9.20** Movie: 54: The Director's Cut. (MA15+) (1998) **11.20** Movie: Appropriate Behaviour. (MA15+) (2014) **12.55** The Feed. **1.25** The Sarah Silverman Program. (M) **1.55** Free Radio. (PG) **2.20** RuPaul's Drag Race. (M) **3.30** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

6.45pm The Duff (2015) Comedy. Mae Whitman, Bella Thorne. (M) *Premiere*
8.30pm Focus (2015) Crime. Will Smith, Margot Robbie. (MA15+) *Premiere*
8.30pm Selma (2014) Biography. David Oyelowo, Carmen Ejogo. (M) *Masterpiece*

GENERAL

8.00pm Last Man Standing. (PG) *FOX8*
8.30pm Luther. (MA15+) *BBC First*
9.30pm Broad City. (MA15+) *Comedy*

DOCUMENTARY

7.30pm How We Got To Now. (PG) *History*
8.00pm Dickens In America. *Foxtel Arts*
9.30pm Monster Croc Invasion. (PG) *Animal Planet*

SPORT

8.00am Cricket. Trans Tasman Series. Second Test. New Zealand v Australia. Day 3. *Fox Sports 2*
8.00am Tennis. ATP World Tour. Rio Open. *ESPN2*
1.00pm Mixed Martial Arts. UFC Fight Night 82. Cerrone v Means. Main card. *Fox Sports 1*

2202

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.10** Ellen DeGeneres. (PG) **1.10** Extra. **1.40** Aust Got Talent. (PG) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Big Bang. **8.00** Big Bang. (PG) **8.30** Here Come The Habibs! (M) **9.15** Movie: The Castle. (M) (1997) Michael Caton, Sophie Lee. **11.00** Anger Management. (M) **11.30** 20/20. **12.30** Sue Thomas: F.B.Eye. (M) **1.30** Danoz. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Sooty. **6.30** PAW Patrol. **7.00** Yo-Kai Watch. (PG) **7.30** Move It. **8.00** Kitchen Whiz. **8.30** Wild Kratts. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** Batman. (PG) **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** SpongeBob. **3.00** Wild Kratts. **3.30** Rabbids. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adventure Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.30** Bad Robots. **9.30** Movie: Riddick. (MA15+) (2013) **12.00** Clipped. (PG) **12.30** Adventure Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids Invasion. (PG) **2.00** Wild Kratts. **2.30** Batman: The Brave And The Bold. (PG) **3.00** Little Charmers. **3.30** Yu-Gi-Oh! Zexal. (PG) **4.00** Power Rangers. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Another Man's Wife. (M) (2011) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) Hosted by Colin Fassnidge. **9.00** Wanted. (M) Chelsea and Lola find themselves stranded in the middle of the bush after a breakdown. **10.00** Bones. (M) The team investigates a 200-year-old body. **11.00** Motive. (M) Final. **12.00** Beauty And The Geek Australia. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** Sally Bollywood. **8.00** Jay's Jungle. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Medical Emergency. (PG) **1.30** RSPCA Animal Rescue. **2.00** Australia's Best Houses. (PG) **2.30** Dealers. (PG) **3.30** Property Ladder. (PG) **4.30** 60 Minute Makeover. (PG) **5.30** Homes Under The Hammer. **6.30** Bargain Hunt. **7.30** Pie In The Sky. (PG) Crabbe stakes out a pizza shop. **8.30** The Last Detective. (M) New. A disrespected but decent British detective unravels a cold case about a missing 17-year-old girl. **10.30** Lovejoy. (PG) **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. **1.45** Property Ladder. (PG) **2.45** Dealers. (PG) **3.45** Lovejoy. (PG) **5.00** Pie In The Sky. (PG)

TEN

6.00 Ent. Tonight. **6.30** GCBC. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Ben's Menu. (PG) **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity… Get Me Out Of Here! (PG) Celebrities take part in a "sushi train". **8.30** NCIS. (M) Vance returns to field duty with Gibbs to investigate a murder connected to a former agent. **9.30** NCIS: LA. (M) Callen and Sam receive a mysterious call from someone who threatens to detonate a series of bombs. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** River To Reef. (PG) **8.30** Operation Repo. (PG) **9.00** Megafactories. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** The Biggest Loser USA. (PG) Final. **2.00** Walker, Texas Ranger. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Last Man Standing. (PG) **8.00** The McCarthys. (PG) **8.30** Meerkats: Secrets Of An Animal Superstar. **9.30** 48 Hours. (M) **10.30** Tyrant. (M) **11.30** Operation Repo. (PG) **12.00** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Walker, Texas Ranger. (M) **4.00** Jake And The Fatman. (PG) **5.00** Reel Rock. (PG) **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** News Mornings. **10.00** Four Corners. **10.45** Media Watch. (PG) **11.00** Hatch, Match And Dispatch. **11.30** Eggheads. **12.00** News. **1.00** Crownies. (M) **2.00** Parliament. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** News. **7.30** 7.30. **8.00** Catalyst. (PG) **8.30** Afghanistan: Inside Australia's War. (M) **9.30** Fake Or Fortune? **10.35** Lateline. **11.05** The Business. **11.20** Q&A. **12.25** Parliament. **1.25** Rage. (MA15+) **3.35** Fake Or Fortune? **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **2.30** Let's Go Pocoyo. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. **8.30** Good Game. **9.00** Peep Show. (M) Return. **9.30** Banged Up Abroad. **10.15** Jimmy Fallon. (PG) **11.00** Ross Kemp: Extreme World. (PG) **11.45** Sh*tsville Express. (M) Final. **12.35** Dangerous Drivers' School. (PG) **1.20** Doctor Who. (PG) **2.05** Jimmy Fallon. (PG) **2.45** News Update. **2.50** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **1.00** PBS News. **2.00** Budding Stars Of The Paris Opera Ballet. **2.30** Opera Stories. **3.00** Wainwright Walks. **3.30** Future Universe. (PG) **4.25** SBS Flashback. (PG) **4.35** Storm City. (PG) **5.30** Letters And Numbers. **6.00** Poh's Kitchen. Final. **6.30** SBS World News. **7.30** Great Estates Of Scotland. **8.30** Insight. **9.30** Dateline. **10.00** SBS World News Late Edition. **10.30** Miniseries: The Girl Who Played With Fire. (MA15+) **12.15** The Real Vikings With Neil Oliver. (PG) **1.15** The Real Vikings With Neil Oliver. (PG) **2.15** Bert Stern: Original Mad Man. (M) **3.55** One Born Every Minute. (M) **4.50** Story Of Him. (PG) **5.00** CCTV English News. **5.30** Soccer. UEFA Champions League. Round of 16. First Leg. Juventus v Bayern Munich.

SBS TWO

6.00 WorldWatch. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** The Feed. **4.35** Urban Freestyler. **4.40** Vs Arashi. **5.40** The Office. (PG) **6.05** The Office. (PG) **6.30** If You Are The One. **7.30** The Feed. **8.00** Brooklyn Nine-Nine. (PG) **8.30** The Island With Bear Grylls USA. (PG) Final. **9.20** Unplanned America. Final. **9.50** Rebel Music. (M) Final. **10.25** What Happens In Kavos. (MA15+) Final. **11.20** South Park. (M) **11.50** The Feed. **12.20** Lost Girl. (M) **1.10** Lost Girl. (M) **2.00** @midnight. (M) **2.30** @midnight. (M) **3.00** Human Giant. (AV15+) **3.25** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

6.50pm Maggie (2015) Drama. Arnold Schwarzenegger, Abigail Breslin. (M) *Premiere*
8.30pm Boyhood (2014) Drama. Ethan Hawke, Patricia Arquette. (M) *Masterpiece*
8.30pm Going The Distance (2010) Comedy. Drew Barrymore, Justin Long. (MA15+) *Romance*

GENERAL

7.30pm Girls. *Showcase*
8.30pm Vanderpump Rules. (M) *Arena*
10.30pm Highway Patrol. (PG) *FOX8*

DOCUMENTARY

8.30pm A Murder In The Park. (M) *Crime & Investigation*
8.35pm Rachel Hunter's Tour Of Beauty. *Lifestyle You*
9.30pm Inside: Lebanon Hostage Crisis. (PG) *History*

SPORT

7.30am Gridiron. NFL. *ESPN*
8.00am Cricket. Trans Tasman Series. Second Test. New Zealand v Australia. Day 4. *Fox Sports 2*
9.00pm Soccer. AFC Champions League. *Fox Sports 4*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: A Smile Like Yours. (M) (1997) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Big Bang. (PG) **8.00** Big Bang. (PG) **8.30** The Embassy. (PG) **9.30** Fugitive: Black Ops. (M) **10.30** The Farmer Wants A Wife. (PG) **11.35** Anger Management. (M) **12.05** Sue Thomas: F.B.Eye. (M) **1.00** Extra. **1.30** Danoz. **2.30** Skippy. **3.00** Global Shop. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Sooty. **6.30** PAW Patrol. **7.00** Yo-Kai Watch. (PG) **7.30** Move It. **8.00** Kitchen Whiz. **8.30** Wild Kratts. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** Batman. (PG) **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** SpongeBob. **3.00** Wild Kratts. **3.30** Rabbids. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. (PG) **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adventure Time. (PG) **7.00** The Middle. (PG) **7.30** Baggage Battles. (PG) **8.00** Container Wars. (PG) **8.30** Movie: Skyfall. (M) (2012) **11.30** South Beach Tow. (M) **12.00** Clipped. (PG) **12.30** Adventure Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** Batman. (PG) **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Buying The Cow. (M) (2002) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) The competition travels to Cairns. **9.00** First Dates. (PG) Hopeful singles experience the thrills of modern dating as they embark on first dates, being filmed during their outing. **10.00** Ramsay's Hotel Hell. (M) Ramsay visits Pennsylvania's River Rock Inn. **11.00** Botched Up Bodies. (MA15+) **12.00** The Secret Life Of Students. (M) **1.00** World's Strictest Parents. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** Sally Bollywood. **8.00** Jay's Jungle. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Medical Emergency. (PG) **1.30** RSPCA Animal Rescue. **2.00** Australia's Best Houses. (PG) **2.30** Dealers. (PG) **3.30** Property Ladder. (PG) **4.30** 60 Minute Makeover. (PG) **5.30** Homes Under The Hammer. **6.30** Bargain Hunt. **7.30** Jonathan Creek. (M) A rocker from the '60s is knocked out. **8.30** The Inspector Lynley Mysteries. (M) The star witness against a crime boss is found shot dead at a resort that Havers used to visit on childhood holidays. **10.30** Lovejoy. (PG) **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. **2.00** Shopping. **4.00** Property Ladder. (PG) **5.00** Dealers. (PG)

TEN

6.00 Ent. Tonight. **6.30** GCBC. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** Ben's Menu. (PG) **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity… Get Me Out Of Here! (PG) **8.30** Madam Secretary. The death of Henry's father leads the family to uncover some shocking secrets that open old wounds. **9.30** The Good Wife. (M) Alicia reaches breaking point. **10.30** Hawaii Five-0. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Fishing Edge. **8.30** Operation Repo. (PG) **9.00** World's Busiest. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Matlock. (M) **1.00** Nash Bridges. (M) **2.00** Walker, Texas Ranger. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Megafactories. **8.30** Epic Meal Empire. (PG) **9.00** Epic Meal Empire. **9.30** Gordon Ramsay's Hell's Kitchen. (MA15+) **10.30** Sirens. (M) **11.30** Operation Repo. (PG) **12.00** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Walker, Texas Ranger. (PG) **4.00** Jake And The Fatman. (PG) **5.00** Adventure Angler. (PG) **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** News Mornings. **10.00** Q&A. **11.05** David Attenborough's Micro Monsters. **11.30** Eggheads. **12.00** News. **12.30** Press Club. **1.30** Jennifer Byrne Presents. (PG) **2.00** Parliament. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** News. **7.30** 7.30. **8.00** Julia Zemiro's Home Delivery. **8.30** The Weekly. (M) **9.00** Black Comedy. (M) **9.30** Adam Hills: The Last Leg. **10.20** Lateline. **10.50** The Business. **11.05** Four Corners. **11.55** Media Watch. (PG) **12.10** Parliament. **1.05** Rage. (MA15+) **3.50** Adam Hills: The Last Leg. **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. (PG) **8.30** Meet The Elephant Man. (PG) **9.40** Bodyshockers: Nips, Tucks And Tattoos. **10.25** Jimmy Fallon. (PG) **11.10** Banged Up Abroad. **11.55** Wild Things With Dominic Monaghan. (PG) **12.45** Wild Things With Dominic Monaghan. (PG) **1.35** Scrapheap Challenge. **2.25** Jimmy Fallon. (PG) **3.05** News Update. **3.10** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 Soccer. UEFA Champions League. Round of 16. First Leg. Juventus v Bayern Munich. Continued. **8.00** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Tadao Ando: From Emptiness To Infinity. **3.00** Dateline. **3.30** Insight. **4.30** Nature's Classroom. **5.30** Letters And Numbers. **6.00** Poh's Kitchen On The Road. **6.30** SBS World News. **7.30** Walking Through History. **8.30** Vikings. Return. **9.25** The Real Vikings With Neil Oliver. (PG) **10.20** SBS World News Late Edition. **10.55** Gambling On Extinction. (PG) **11.55** Movie: Submarino. (MA15+) (2010) **2.00** Movie: Ra.One. (M) (2011) **4.50** The Maker. **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** The Feed. **4.35** Urban Freestyler. **4.40** Vs Arashi. **5.40** The Office. (PG) **6.05** The Office. (PG) **6.30** If You Are The One. **7.30** The Feed. **8.00** Brooklyn Nine-Nine. (PG) **8.30** Movie: Eight Legged Freaks. (M) (2002) **10.20** Movie: Big Ass Spider! (MA15+) (2013) **11.45** The Feed. **12.15** Wilfred. (MA15+) **12.45** Shameless. (M) **1.40** Shameless. (MA15+) **2.35** Work Of Art: The Next Great Artist. (M) **3.30** DW News In English From Berlin. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

7.30pm Earth To Echo (2014) Family. Teo Halm, Cassius Willis. (PG) *Family*
8.30pm Run All Night (2015) Action. Liam Neeson, Ed Harris. (MA15+) *Premiere*
8.30pm Love, Rosie (2014) Romance. Lily Collins, Sam Claflin. (M) *Romance*

GENERAL

7.30pm Person Of Interest. (M) *FX*
8.30pm House Of Lies. (MA15+) *FX*
8.30pm Grantchester. (MA15+) *13th Street*

DOCUMENTARY

7.30pm Pompeii: Life And Death In A Roman Town. (PG) *History*
9.30pm George Clarke's Amazing Spaces. *Lifestyle*
9.30pm Napoleon. (PG) *History*

SPORT

10.30am Cricket. Trans Tasman Series. Second Test. New Zealand v Australia. Day 5. *Fox Sports 2*
1.00pm Basketball. College. Big Ten Conference. Michigan State v Ohio State. *ESPN*
7.00pm Soccer. AFC Champions League. *Fox Sports 4*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

2402

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North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

One of our most popular mornings, it was all eyes down for Bingo! 'Cage Roller Carmen' did a stellar job, despite a few rogue balls escaping, Julie called out the numbers, Colleen did the tracking and Sue delivered the prizes to many happy and excited winners. The fun and laughter continued at morning tea, as everyone gathered to wish two of our members, Val and Joycelyn, a very happy birthday and to share in the deliciously wicked cake.

Tuesday 23rd February 11.30am - LUNCH AT KALLANGUR TAVERN, 1517 Anzac Ave. A gathering of appetites and an air of socialising at one of our popular Taverns. Registration is essential. Visitors welcome.

Tuesday 1st March 9.45am - MONTHLY GENERAL MEETING. A fun morning that involves some general business and announcements of up-and-coming events, followed by morning tea and lots of happy chatter. Visitors welcome.

Tuesday 8th March 9.45am - GUEST SPEAKER (to be advised). Visitors welcome.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay District. Please refer to our listing under the Community Notice Board. For more information contact Julie 3886 4552; Colleen 0418 658 442, Carmen 3491 9410. All are welcome.

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Did You Hear About The Morgans? (PG) (2009) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Inside Story. **8.00** RBT. (PG) **8.30** Kings Cross ER. (M) **9.30** An Hour To Save Your Life. (M) **10.45** Embarrassing Bodies. (M) **11.45** Undateable. (M) **12.10** Sue Thomas: F.B.Eye. (M) **1.05** V.I.P. (M) **2.00** Danoz. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **7.30** Move It. **8.00** Kitchen Whiz. **8.30** Wild Kratts. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** Batman. (PG) **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** SpongeBob. **3.00** Wild Kratts. **3.30** Rabbids. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Survivor: Kaôh Rŏng. (PG) **9.30** Movie: Save The Last Dance. (M) (2001) **11.50** Clipped. (PG) **12.20** GO Surround Sound. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** Batman. (PG) **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Pregnancy Pact. (M) (2010) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **8.00** Big Bang. (PG) **8.30** Big Bang. (PG) Leonard decides to attend a party at the home of Sheldon's nemesis, Wil Wheaton. **9.00** Movie: This Is The End. (MA15+) (2013) James Franco. **11.20** Parks And Recreation. (PG) **11.45** Parks And Recreation. (PG) **12.10** The Mole. (PG) **1.00** The Mole. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** Sally Bollywood. **8.00** Jay's Jungle. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Medical Emergency. (PG) **1.30** RSPCA Animal Rescue. **2.00** Australia's Best Houses. (PG) **2.30** Dealers. (PG) **3.30** Property Ladder. (PG) **4.30** 60 Minute Makeover. (PG) **5.30** Homes Under The Hammer. **6.30** Bargain Hunt. **7.30** Fawlty Towers. (PG) **8.15** Keeping Up Appearances. (PG) Hyacinth tries to outdo her neighbours. **8.45** Judge John Deed. (M) A couple is convinced their health problems have been caused by a mobile phone tower above their flat. **10.45** Suspects. (M) **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. **1.45** Property Ladder. (PG) **2.45** Dealers. (PG) **3.45** Fawlty Towers. (PG) **4.30** Keeping Up Appearances. (PG) **5.00** Harry's Practice. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** GCBC. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** Ben's Menu. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** I'm A Celebrity… Get Me Out Of Here! (PG) One of the celebrities must put their hands into holes filled with creepy crawlies while hanging off a rock face. **9.00** Law & Order: SVU. (M) A transgender teen is fatally injured after being pushed off a bridge by bullies. **10.00** Law & Order: SVU. Follows the Special Victims Unit. **11.00** Blue Bloods. (M) **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Reel Action. **8.30** Operation Repo. (PG) **9.00** Epic Meal Empire. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Matlock. (M) **1.00** Nash Bridges. (M) **2.00** Walker, Texas Ranger. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** World's Busiest. **8.30** Californication. (MA15+) **9.05** Movie: Nacho Libre. (PG) (2006) Jack Black. **11.00** Man Seeking Woman. (MA15+) **11.30** Operation Repo. (PG) **12.00** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Bellator MMA. (M) **5.00** World Sport. **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** News Mornings. **10.00** Australian Story. **10.30** Country Town Rescue. **11.00** Still Open All Hours. (PG) **11.30** Eggheads. **12.00** News. **1.00** Crownies. (M) **2.00** Parliament. **3.00** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **6.55** Clarke And Dawe. **7.00** News. **7.30** 7.30. **8.00** Hatch, Match And Dispatch. (PG) **8.30** Jack Irish. (M) **9.30** No Offence. (MA15+) **10.20** Lateline. **10.50** The Business. **11.05** Changing Minds: The Inside Story. (M) **12.05** Comedy Up Late. (M) **12.35** Parliament. **1.35** Press Club. **2.35** Golf. USPGA Tour. Northern Trust Open. Highlights. **3.30** No Offence. (MA15+) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. (PG) **8.30** The Weekly. (M) **9.00** Extras: Xmas Special. (M) **10.25** Buzzcocks. (M) **10.55** Jimmy Fallon. (PG) **11.35** Inside Amy Schumer. (M) **12.00** Penn & Teller: Fool Us. (PG) **12.45** Live At The Apollo. (M) **1.30** Scrapheap Challenge. **2.20** Jimmy Fallon. (PG) **3.05** News Update. **3.10** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Children's Programs.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Raising The Curtain. (PG) **3.00** Bazaar. **3.30** The Men And The Machines That Beat Hitler. (PG) **4.30** Murdoch. (PG) **5.30** Letters And Numbers. **6.00** Poh's Kitchen On The Road. **6.30** SBS World News. **7.30** Rachel Khoo's Kitchen Notebook: London. **8.00** Food Safari Fire. **8.30** The Diet Myth. **9.35** The Bridge. (MA15+) **10.40** SBS World News Late Edition. **11.10** Sex For Sale With Rupert Everett. (MA15+) **12.05** Movie: Cesar Chavez. (M) (2014) **1.55** Who Do You Think You Are? **3.00** First Crossings. (PG) **3.55** Marco Pierre White's Kitchen Wars. (PG) **4.50** The Globe Collector. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Somali News. **4.00** The Feed. **4.35** Urban Freestyler. **4.40** Vs Arashi. **5.40** The Office. (PG) **6.05** The Office. (PG) **6.40** If You Are The One. **7.30** The Feed. **8.00** Gadget Man. **8.30** MythBusters. (PG) **9.30** Web. (PG) **10.35** UEFA Champions League Highlights. **11.35** Legally Brown. (M) **12.05** The Feed. **12.35** Utopia. (MA15+) **1.35** Alarm For Cobra 11. (M) **2.30** Miniseries: Siren's Song. (MA15+) **3.25** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

6.25pm The Social Network (2010) Biography. Jesse Eisenberg, Rooney Mara. (M) *Masterpiece*

8.30pm The Wedding Ringer (2015) Comedy. Kevin Hart, Josh Gad. (MA15+) *Premiere*

8.30pm The Imitation Game (2014) Biography. Benedict Cumberbatch, Keira Knightley. (M) *Masterpiece*

GENERAL

7.30pm Arrow. (M) *FOX8*

9.15pm Cougar Town. (M) *SoHo*

10.00pm Billy On The Street. (M) *Comedy Channel*

DOCUMENTARY

7.00pm Errol Flynn: A Fast And Furious Life. (M) *Foxtel Arts*

8.30pm Married At First Sight US. *Lifestyle You*

9.30pm Explorer: Call of the Wild. (M) *National Geographic*

SPORT

12.00pm Basketball. NBA. Washington Wizards v Chicago Bulls. *ESPN*

6.30pm Golf. USLPGA Tour. Thailand Open. First round. *Fox Sports 1*

2502

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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A LIFE'S WORK RECOGNISED

It was all smiles in Deception Bay on Australia Day with the announcement that Alex Gow Funerals Chairman, Alistair Gow was awarded a Medal of the Order of Australia by His Excellency General the Honourable Sir Peter Cosgrove, for his service to the funeral industry and his local communities.

Alistair became a director of Alex Gow Funerals in 1977. He served on the board of directors of the Queensland Funeral Directors Association (QFDA) for 18 years including 2 years as President and was granted Life Membership in 2004.

In 1995 Alistair was also instrumental in establishing The Association of Australian-owned Funeral Directors (AAFD) and was President for the first 2 years. The association membership was drawn from all mainland states and was successful in repelling the presence of the large American death care providers that were rapidly acquiring large numbers of Australian funeral companies.

Alistair's award citation includes his service to his community including 33 years with his local Lions Club including roles as President, Zone Chairman, Deputy District Governor and Chairman for The Blind and Hearing Dogs. Alistair is also a foundation member and past President of his Probus Club.

Alistair is very well known in the Moreton Region for his major redevelopment of the local crematorium at Deception Bay including building a new chapel and refreshment lounge to allow families better facilities to farewell their loved ones.

At 75, Mr Gow said he was extremely honoured with the award.

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Tender Mercies. (PG) (1983) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Ultimate Airport Dubai. **8.40** Movie: Catch Me If You Can. (M) (2002) Leonardo DiCaprio, Tom Hanks, Christopher Walken. **11.30** Movie: Stigmata. (MA15+) (1999) Patricia Arquette. **1.30** Movie: The Main Event. (M) (1979) Barbra Streisand. **3.30** Extra. **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Sooty. **6.30** PAW Patrol. **7.00** Yo-Kai Watch. (PG) **7.30** Move It. **8.00** Kitchen Whiz. **8.30** Wild Kratts. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** Batman. (PG) **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** SpongeBob. **3.00** Wild Kratts. **3.30** Rabbids. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Movie: Valiant. (G) (2005) **7.30** Movie: Ferris Bueller's Day Off. (PG) (1986) **9.40** Movie: 21 Jump Street. (MA15+) (2012) **11.50** Clipped. (PG) **12.20** The Originals. (MA15+) **1.20** GO Surround Sound. **1.30** Rabbids Invasion. (PG) **2.00** Wild Kratts. **2.30** Batman: The Brave And The Bold. (PG) **3.00** Little Charmers. **3.30** Yu-Gi-Oh! Zexal. (PG) **4.00** Power Rangers Megaforce. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Making Of A Hollywood Madam. (M) (1996) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. **8.30** Movie: The Proposal. (PG) (2009) Sandra Bullock, Ryan Reynolds. An editor gets engaged to her assistant. **10.45** To Be Advised. **11.45** The Goldbergs. (PG) **12.10** Revenge. (M) **1.05** Revenge. (M) **2.00** Shopping. **4.00** NBC Today.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** Sally Bollywood. **8.00** Jay's Jungle. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Better Homes. **2.00** Australia's Best Houses. (PG) **2.30** Dealers. (PG) **3.30** Property Ladder. (PG) **4.30** 60 Minute Makeover. (PG) **5.30** Homes Under The Hammer. **6.30** Bargain Hunt. **7.30** The Border. (PG) Follows officers who patrol the US-Mexican border. **8.30** Escape To The Country. Sets out to find the perfect country home for families who are tempted to quit the hustle and bustle of city living. **9.30** The House That 100K Built. Kieran and Piers help Sholto who had always dreamt of building a home, until his partner needed a double organ transplant. **10.45** Front Of House. **11.15** Best Houses Australia. **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. **1.45** Property Ladder. (PG) **2.45** Dealers. (PG) **3.45** Escape To The Country. **5.00** Front Of House. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** GCBC. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Ben's Menu. (PG) **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. Join the hosts for a look at the day's news, events and hot topics. **7.30** The Living Room. Barry turns bare garden walls into something special. Miguel goes head to head with a dessert blogger. **8.30** The Graham Norton Show. Celebrity guests include Ralph Fiennes, Tracey Ullman, James Bay and James Nesbitt. **9.30** To Be Advised. **11.30** The Project. A look at the day's news. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Shopping. **8.00** What's Up! Downunder. **8.30** Operation Repo. (PG) **9.00** Monster Jam. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Matlock. (M) **1.00** Nash Bridges. (M) **2.00** Walker, Texas Ranger. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Cops. (PG) **8.30** 48 Hours. (M) **9.30** Movie: Conan The Barbarian. (MA15+) (1982) Arnold Schwarzenegger, James Earl Jones. **12.00** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Cops. (PG) **4.00** Jake And The Fatman. (PG) **5.00** Adventure Angler. **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** News Mornings. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.00** Hello Birdy. (PG) **11.30** Eggheads. **12.00** News. **1.00** Crownies. (M) **1.55** Antiques Roadshow. **2.50** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** News. **7.30** 7.30. **8.00** Griff's Great Britain. **8.30** The Doctor Blake Mysteries. (M) **9.30** Silent Witness. (M) **10.30** Lateline. **11.05** The Business. **11.20** It's A Date. (M) **11.50** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **2.20** Q Pootle 5. **2.30** Let's Go Pocoyo. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. **8.30** The Boarding School Bomber. (M) **9.30** Her Majesty's Prison. (MA15+) **10.15** Jimmy Fallon. (PG) **11.00** Meet The Elephant Man. (PG) **12.05** My Mum Is Obsessed. (M) **12.55** Meet The Young Americans. (PG) **1.50** Doctor Who. (PG) **2.35** News Update. **2.40** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Yoko Ono: War Is Over! (If You Want It) **2.30** Colour Theory. (PG) **3.05** Subconscious Password. (PG) **3.15** SBS Flashback. (PG) **3.30** Island Feast. **4.00** Island Feast. **4.30** Who Do You Think You Are? **5.30** Letters And Numbers. **6.00** Poh's Kitchen On The Road. **6.30** SBS World News. **7.30** MythBusters. (PG) **8.30** Neil Oliver: Sacred Wonders Of Britain. (PG) **9.30** Movie: Crouching Tiger, Hidden Dragon. (M) (2000) **11.40** The Late Feed. **12.15** Movie: 2 Plus 2. (MA15+) (2012) **2.10** Shameless. (MA15+) Final. **3.05** Gasland. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** The Feed. **4.30** Dara Ó Briain: School Of Hard Sums. **5.25** Urban Freestyler. **5.30** House Hazards. (PG) **6.00** None Of The Above. (PG) **6.25** Soccer. A-League. Round 21. Western Sydney Wanderers v Perth Glory. **9.00** MythBusters. (PG) **10.00** Movie: Rurouni Kenshin: Kyoto Inferno. (MA15+) (2014) **12.30** Space Dandy. (PG) **1.00** Space Dandy. (PG) **1.30** PopAsia. (PG) **3.35** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

6.05pm Noah (2014) Action. Russell Crowe. (M) *Action*
7.30pm Home (2015) Animation. Jim Parsons, Rihanna. (PG) *Family*
8.30pm Last Knights (2015) Action. Morgan Freeman. (MA15+) *Premiere*

GENERAL

7.30pm BBQ Pitmasters. (PG) *A&E*
8.30pm Sons Of Anarchy. (MA15+) *FX*
9.30pm Human Target. (M) *FX*

DOCUMENTARY

8.30pm Inside The Tower Of London. (PG) *History*
9.30pm Selling Houses Australia: Social Edition. *Lifestyle Home*
9.30pm Vampires In Venice. (PG) *History*

SPORT

7.00pm Football. NAB Challenge. Geelong v Collingwood. *Fox Footy*
7.30pm Rugby Union. Super Rugby. Round 1. Brumbies v Hurricanes. *Fox Sports 2*
7.30pm Soccer. A-League. Round 21. Western Sydney Wanderers v Perth Glory. *Fox Sports 4*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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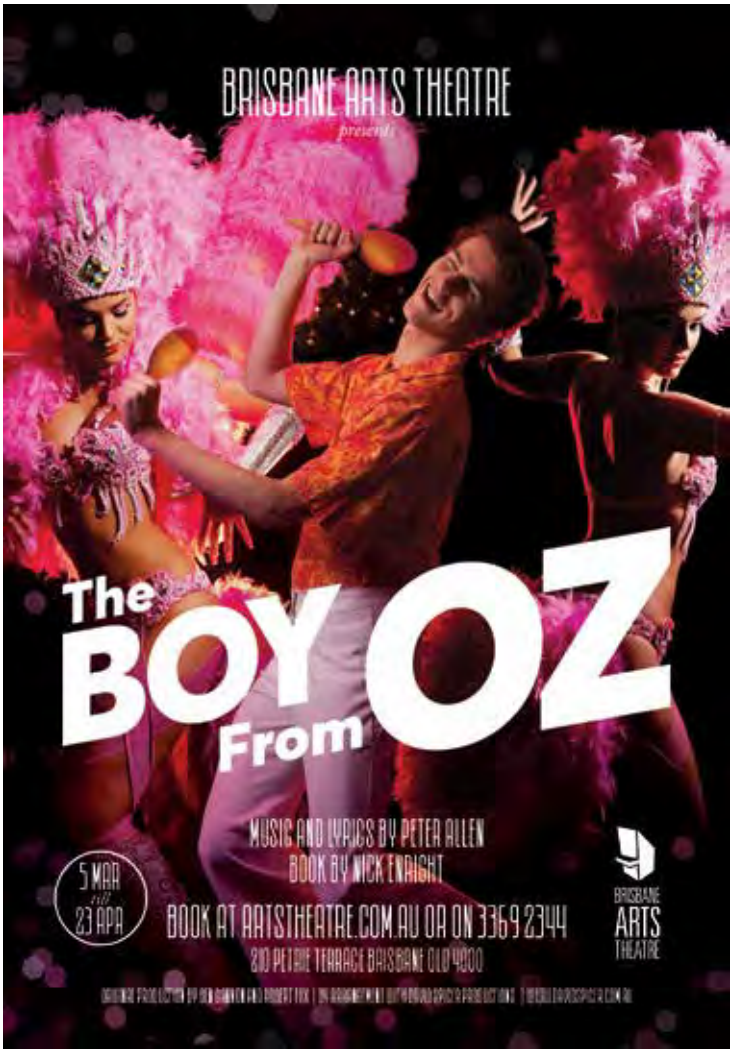
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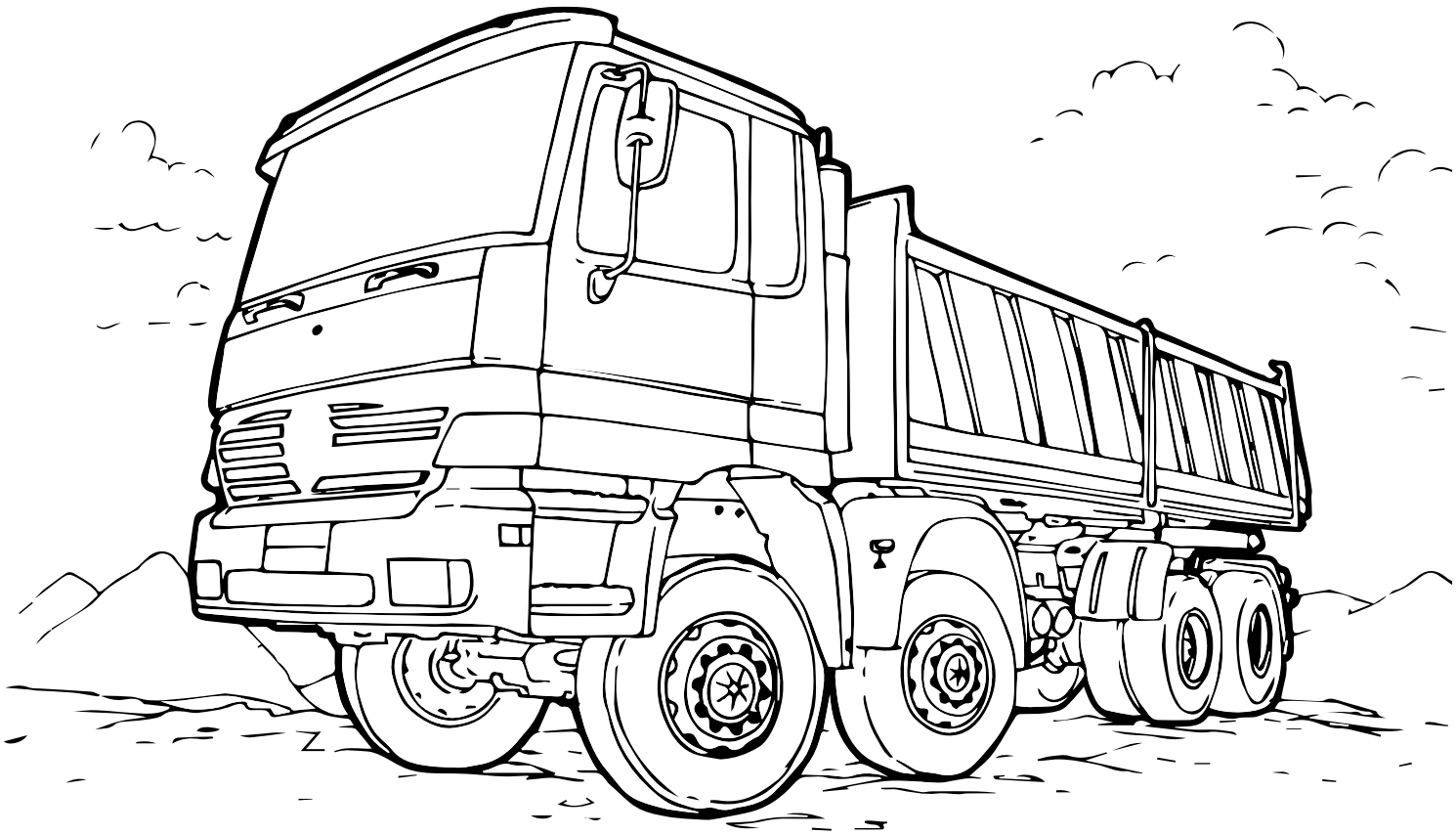
Colouring in for Kids



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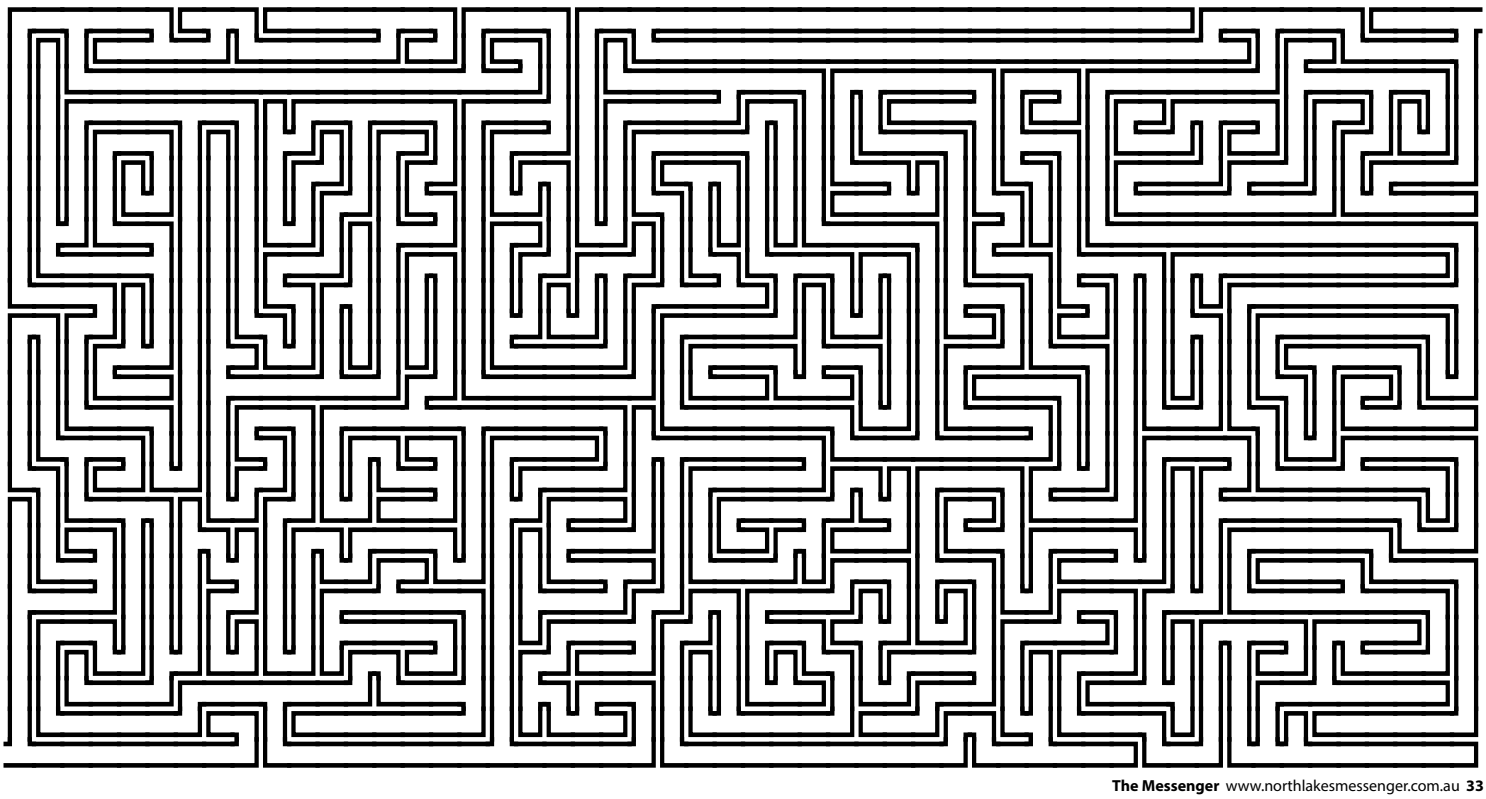
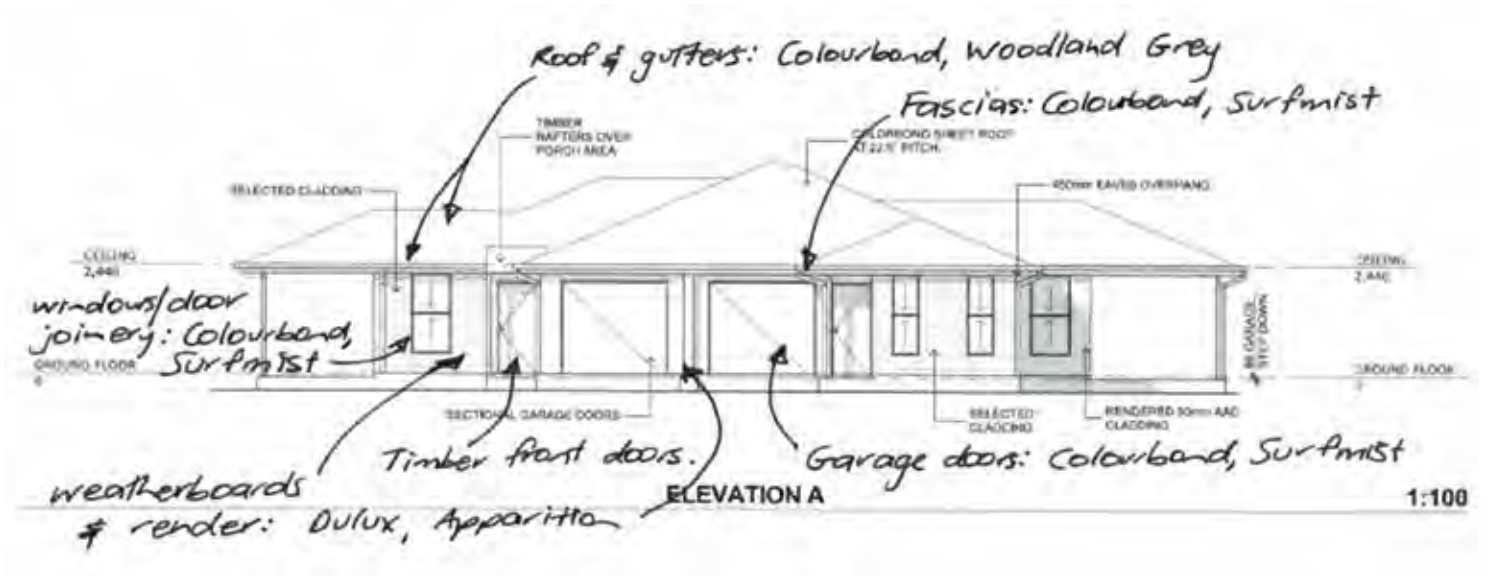


RENOVATION ADVICE

With Jane Eyles-Bennett of Hotspace Consultants, a North Lakes based Interior Designer & Renovation Consultant with over 22 years experience.

Planning to renovate but need advice? Send a good quality photo and your question to: **jane@hotspaceconsultantscom**



Jason from Kallangur asks: We are building a new duplex investment property and are very stuck on colours.

Our builder has given us some suggestions and although we like the house design, the colours are not quite right. Can you help?

Jane says: There are lots of new homes springing up around this part of Brisbane, and many of them do tend to look the same (do you know that song "Little Boxes made of Ticky Tacky"? Need I say more!).

Without going over the top or spending any extra, a great colour scheme can really increase the appeal of a property.

Add to this some nice low maintenance landscaping – even if very basic – and you have yourself a smart little property that should see you well into the long term.

Firstly, I normally start with the colours which have the most limited range; in this case it's the Colourbond. If I select these colours first, then paint colours and other choices are much easier to make. Making colour selections the other way around can be a nightmare.

Secondly, I normally tend to do a darker roof than the wall colour, because this visually puts a 'lid' on the house and helps to anchor it. You never want to go too dark though especially here in Queensland with the heat from the sun. Most often, I'll do the gutters in the same colour as the roof. I find this is a much more contemporary aesthetic than contrasting the gutters and roof.

Another trick is to match your fascia colour to your aluminium window and door joinery. This is not a must-do, but it's a good way to create a link between these different elements of the home exterior.

In your case I'm recommending that the fascia, window/door joinery and garage are the same colour. However I wouldn't always do this; it does depend on the design of the house.

For a focal point, I'm favouring a timber door for this property. I like the warmth timber brings but since this is an investment property, you won't want to spend any unnecessary money on things I'm sure; and certainly not timber which is generally quite high maintenance.

My colour suggestions are as follows;

- **Roof and Gutters** – Colourbond, Woodland Grey
- **Fascias, Window/door joinery and Garage** – Colourbond, Surfmist
- **Weatherboards** – Dulux, Apparition
- **Render** – Dulux, White Duck Half
- **Front door** – Timber with horizontal glass inserts

The texture of the weatherboard is a great way to add interest and dimension without introducing any extra colour to the house. Keep things neutral but not boring to create a great looking property that is less likely to be out of date in 10 years – assisting in a long and profitable relationship with your investment property.

Jane Eyles-Bennett is the owner of Hotspace Consultants, a local award-winning design and renovation consulting company.
For appointments contact: **Phone:** 0411 705 556 **Email:** jane@hotspaceconsultants.com **Web:** www.hotspaceconsultants.com

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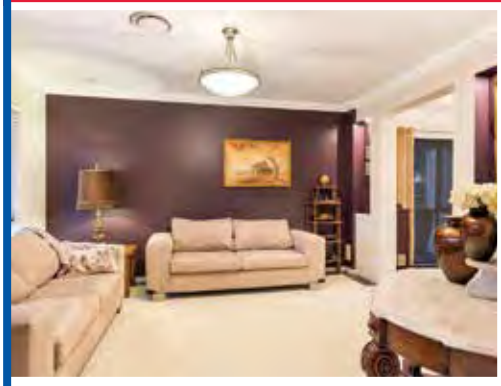

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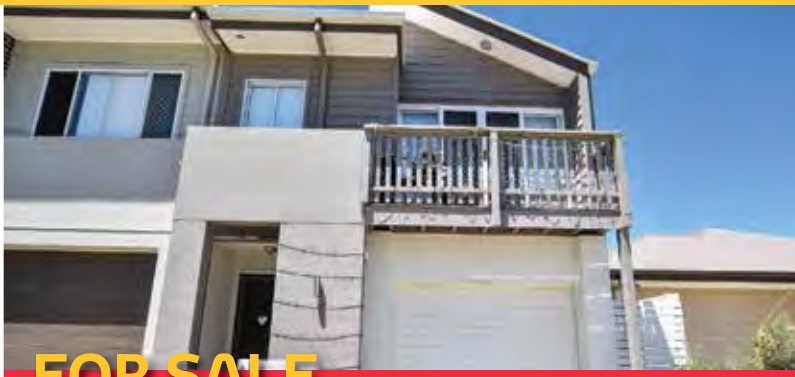

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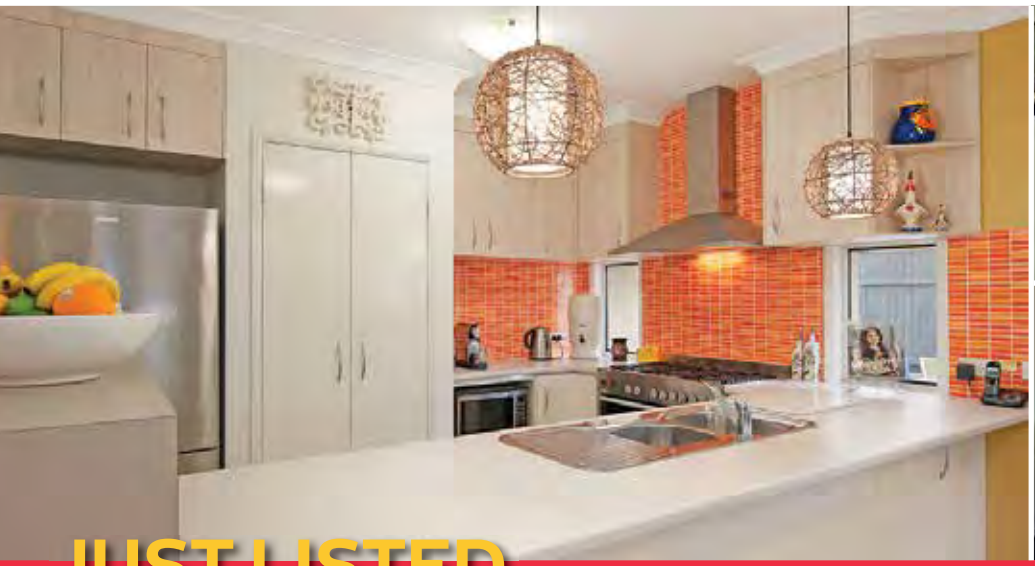

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Queensland leads the nation in building approvals

Queensland is leading the nation in the strength of building approvals, which were up almost 27 per cent for 2015, according to new figures from the Australian Bureau of Statistics.

Last week's figures showed the fourth consecutive monthly rise in trend building approvals for Queensland.

Treasurer Curtis Pitt said just over 10,000 more new dwellings were approved in the 12 months to December 2015 than in the previous year.

"This is yet another sign of the confidence Queenslanders have in the Palaszczuk Government's economic plan," he said.

"In 2015 a total of 48,936 new dwellings were approved – every one of them providing jobs for our State's building industry and tradies.
"This compares to the 38,572 dwellings approved in 2014 — the last full year of the previous Government.

"That's a 26.9 per cent increase in 2015. This compares with NSW, which had a 26.7 per cent increase and Victoria, which only had an 11.9 per cent increase."

On a trend monthly basis, dwelling approvals were up 1.1 per cent in December 2015, compared with November 2015, and were 10.0 per cent higher compared with December 2014. The only other State with an increase over the year to December 2015 was NSW, with growth of 6.3 per cent.

"Today's figures show 3,956 new dwellings were approved in Queensland in December 2015, up from 3,597 in December 2014," Mr Pitt said.

"In trend terms, the total value of residential building approvals in Queensland was $1.121 billion in December 2015, up from $976 million a year ago.

"This has been driven by an increase in the number of approvals for units, townhouses and apartments, as well as houses, especially in the south-east corner.

"In another sign our economic plan is working, we have a significant pipeline of apartment projects, which along with the recent increase in house approvals, will support dwelling construction in Queensland in 2016.

"There has never been a better time to build in Queensland, where housing is generally much more affordable than in the major southern capitals.

"This Government has created the right conditions for stronger growth in the Queensland economy and it is showing in the confidence of our private sector.

"Last month's National Australia Bank Monthly Business Survey showed Queensland's business confidence was the highest of any mainland State for the sixth month in a row.

"And the Deloitte Access Economics Queensland Business Outlook for December 2015 forecast that Queensland's growth will outpace other States in this financial year."

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Abandoning negative gearing will be detrimental for affordability

warns REIQ

The Real Estate Institute of Queensland (REIQ) today rejected Federal Treasurer Scott Morrison's suggestion that curbing negative gearing was a responsible fiscal alternative to raising the GST.

REIQ CEO Antonia Mercorella said negative gearing was well established as a vital tool to encourage investors into the property market, where their continued investment was vital to ongoing rental affordability.

"Removing negative gearing from property investment will only serve to drive investors to other assets such as shares, where the offset would remain intact," she said.

"This would further impact affordability as there would be fewer houses available to meet rental demand," she said.
Ms Mercorella said a review of history would confirm this, with the Hawke government removing gearing benefits in in 1985 only to reinstate them in 1987 when rents surged approximately 24 per cent.

Removing or scaling back negative gearing would actually hurt the most vulnerable in Queensland, with middle and low-income families unable to afford the resulting rising rents as stock dwindled.

"In Queensland more than a third of our population is in rental accommodation, so it's crucial that supply is maintained for this large section of the community.

"If private rentals were drastically reduced this would place enormous strain on the limited resources in public housing," she said.

Removing or scaling back negative gearing would actually hurt the most vulnerable in Queensland

In its 2013 report Housing 2020, the Queensland State Government outlined its public housing strategy to limit its public housing new builds and to actively transition residents through its public housing, moving them towards private rentals or home ownership.

"The Government recognises that the private sector is able to gain more efficiencies in the housing market and the public sector is more costly and less efficient.

The Government strategy focuses on moving residents away from "a view that social housing is a home for life" and instead, places "greater emphasis on social housing as a transitional period on the path to private rental or home ownership".

Ms Mercorella said if supply was limited to the private rental market and public housing was being scaled back, the social consequences would be significant and detrimental.

She also said instruments such as negative gearing encouraged individuals to save and invest in property, and this boosted financial self-sufficiency for individuals later in retirement, a key plank of government policy.

Ms Mercorella said there was a common misconception about investors who access negative gearing benefits and capital gains tax concessions, as very wealthy with a vast portfolio of property.

Recent ATO statistics, provided by the Property Council of Australia, revealed that about 70 per cent of investors who benefit from negative gearing earn less than $80,000 and about 73 per cent own just one investment property.

In Queensland, owner occupiers account for two-thirds of the residential dwelling market, with investors making up about a third (34 per cent).

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3883 4020

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Classifieds E-mail adz@northlakesmessenger.com.au

For Sale

Recliners, electric, black. One double, one single. Less than 12 months old and as new condition $900. North Lakes area. Phone 041786 8581

For Sale - Set of 4: Michelin Tyres, F250 Rims & Tyres & Nuts, 275 x 65 x R20, Done 12,000km. $1,500 ONO, CALL 0408 712 123

Host Families

Looking for host families for Japanese students. They will attend Murrumba Downs and North Lakes and the students are between 13-17yrs (male and female) Families must have a children's blue card. If you need to obtain a card then EdVenture is happy to help. Nightly rate paid ,Must transport to and from school,3 meals a day, Help with English and be part of your family. If you are interested please contact EdVenture on 0421 635 982 or carol@edventureconsulting.com

Classified advertising cost is $8.80 GST included for one week.

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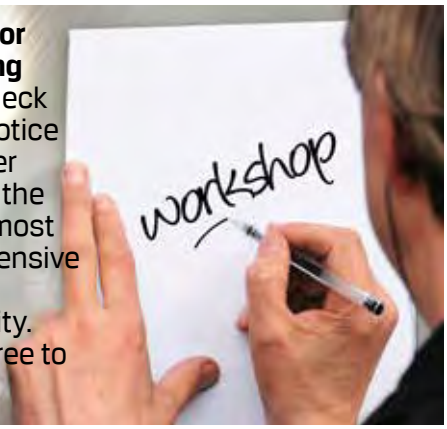
Sudoku

	3		4		7	8		6
				3				2
					2	5		
5		9		7				
		8	2		3	4		
				4		6		7
		7	3					
9				6				
6		2	8		5		3	



Looking for something to do? Check out our notice board over page. It's the region's most comprehensive guide to community. It's also free to post

Last week's Brain Teaser Solution

What disappears the moment you say its name?
Answer: silence

***The end of our Brain Teasers**
Sorry folks, we know many of you love our weekly Brain Teasers but after four years of them we've reached the end of what we can use. In fact, the one above is a repeat. From next week we will put something else here. For the time being it won't be an activity but if you've got a suggestion for what should replace Brain Teasers, please let our editor know via: **editor@northlakesmessenger.com.au**

Crossword Solution from last issue

B	R	A	N	C	H	■	■	D	R	A	U	G	H	T
L	■	N	■	O	■	S	■	E	■	N	■	O	■	H
A	U	T	O	M	A	T	I	C	■	T	O	D	A	Y
N	■	R	■	M	■	I	■	A	■	I	■	M	■	R
K	O	A	L	A	■	C	O	N	S	C	I	O	U	S
E	■	■	■	N	■	K	■	T	■	■	■	T	■	E
T	U	E	S	D	A	Y	■	S	O	O	T	H	E	■
■	■	X	■	E	■	■	■	■	■	R	■	E	■	■
■	D	E	C	R	E	E	■	E	N	G	O	R	G	E
S	■	M	■	■	■	X	■	N	■	A	■	■	■	C
C	A	P	R	I	C	C	I	O	■	N	I	G	H	T
O	■	T	■	D	■	E	■	U	■	I	■	R	■	A
R	A	I	S	E	■	R	E	G	I	S	T	E	R	S
C	■	O	■	A	■	P	■	H	■	E	■	T	■	I
H	A	N	D	S	E	T	■	■	I	D	E	A	L	S

Crossword 6429

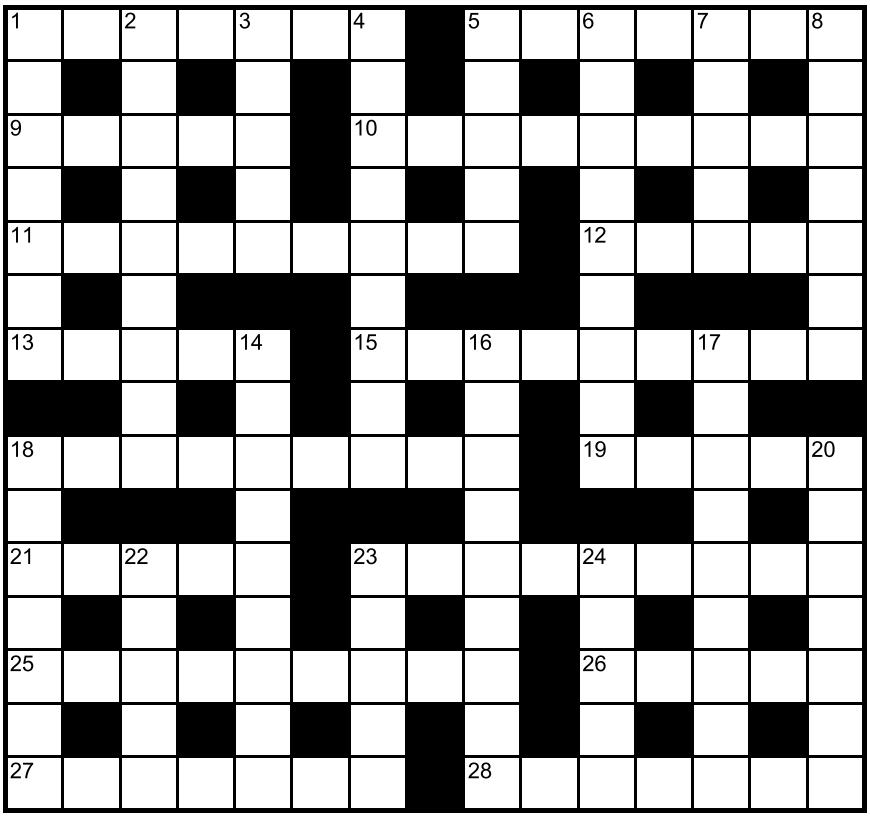
Kindly provided by person of interest - Laurie Stibbe

ACROSS

1 Young carnivore
5 Watch and take note
9 Deep ravine
10 Faithfully following a program
11 One to whom a letter is sent
12 Grey and pink Australian parrot
13 Call forth emotions or feelings
15 Feeling of profound admiration
18 Writer who works independently
19 Despised
21 Vertical part of a stair or step
23 Largest sea bird
25 Span of a thousand years
26 Naming words
27 Sun worshippers
28 Fixed by order of command

DOWN

1 Luggage
2 Minor airport
3 Crinkled colorful paper
4 Merchant ship petty officer
5 Earth used as a pigment
6 Screenprinted picture
7 Relating to the kidneys
8 Samuel Butler ficticious land
14 Photographic equipment
16 From a boat into the water
17 Acquaint
18 Gaffer, ganger
20 Obsolete
22 Not yielding to pressure
23 Sisters of mother or father
24 Pick-me-up



The Messenger
Handy Hints
Shave your legs with hair conditioner instead of soap makes them soft and smooth. Just apply, shave and rinse.
To get your Handy Hint into The Messenger, just send a short (50 words or less, includes title) description to adz@northlakesmessenger.com.au
Attributed to Freepik

COMMUNITY NOTICEBOARD

A free service provided by the Messenger for community, social and non-profit organisations

SUBMIT VIA:

community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- To guarantee placement for the following week, please make your submission by Thursday prior
- Your submission will run ongoing until you notify us otherwise

HANDY NUMBERS TO KNOW

Emergency:	**000**
NL/MH Police:	**3482 1444**
Crime Stoppers:	**1800 333 000**
SES:	**132 500**
Health Advice:	**13432 584**
Wildlife Rescue:	**0401 350 799**
RSPCA:	**1300 363 736**
Dakabin Pound:	**3886 0357**

THE 500 CLUB If you enjoy a friendly of 500 you can join us at Redcliffe Senior Citizens centre, 401 Oxley Avenue Redcliffe every monday from 12.30 pm - 4 pm Contact Trish on 32035047 or Vivi on 0407238163

A.C.M.A.MIN MIN BRANCH. Monthly concerts/socials held on 4th Sat. each month NOTE new starting time now from 1.00p.m. Kruger Hall Ann St. Kallangur. Quality Guest Artists & Club Member Spots. All welcome Call Queenie 5497 9395.

A.I.R. Moreton Bay Region Branch The Association of Independent Retirees (AIR) Limited meets on the 3rd Monday of each month (except December) at the Redcliffe Public Library meeting rooms commencing at 12.30pm. Visitors are welcome. AIR provides members with information to help plan their retirement and undertakes advocacy on the many issues confronting retirees. Contact 3142 2506 Website www.independentretirees.com.au

AI-ANON. If someone you love, or are dependant on has a drinking problem and you can see what it is doing to them; if you're also concerned how it's affecting you. We can help. Al-Anon Family group meets Tuesdays at 12.30 at the Church of Christ Church on Ashmole Road, Redcliffe. For futher information phone 1300252666

ALCOHOLICS ANONYMOUS. If you want to drink thats your business If you want to stop we can help. alcoholics anonymous holds meetings everyday in the mortenbay area in the following suburbs,caboolture,bribe Island,deceptionbay,redcliffe,margate,clontarf,woodyp oint please phone 1300222222 or go to aa.org.au

ALL ABOUT LIVING is an aged care service provider that is looking for volunteers to assist with transport, administration, activity groups and projects. If you are interested in helping our participants please contact Kathy on 07 3269 1915, or see our website www.allaboutliving.com.au - We promote Choice, Support and Connection

A.L.P. To all ALP members in North Lakes & Mango Hill. The local branch of the Australian Labor Party meets the 1st Wednesday of every month at 'The Space' North Lakes cnr of Endeavour Blvd and Lakefield Drive. For more information contact Mick 0422 434 562 or Judi 0407 958 610 or Email alp.murrumba.east@gmail.com

ANGLICAN CHURCH St Peter the Fishermen 13 Lucinda St CLONTARF. Services 6PM Saturdays, 7AM (except 1st Sunday), 9AM Sundays family worship and kids club,10AM Wednesdays. Little Fishers for pre-schoolers and under 2nd Thursdays 9.30AM, Youth Group 10+ 1st Fridays 6PM.Beautiful church, setting/gardens for weddings, baptisms, blessings, funerals.3883 2378 ALL WELCOME

ANGLICAN CHURCH OF NORTH LAKES You are invited to worship with us this Sunday at either of our services. Communion is celebrated at our 8am Traditional service each week or on the 1st Sunday of each month at our 10am Contemporary service. All services are held in the Performing Arts Centre of North Lakes State College on Joyner Circuit. For further info, call Fr Dan on 0403 977 512 or visit our website at www.thelakesanglican.org.au

ANNE'S SOCIAL CIRCLE. Looking to welcome new members. We are a group of Single Men, Women and Couples from all walks of life. We get involved in a diverse range of activities, including Live bands, Tribute shows, lots of dancing, Live Theatre, Restaurants and trips planned for the future. A wine tasting coming up. The more the merrier, a non clicky group of fun people. Don't sit at home go out and have fun. For more information call Anne on 3880 1088.

BABY & TODDLER GROUP (REDCLIFFE): Teeny Tots meets every Thursday (term time only) at Recalibrate Church, 3 Plume Street, Redcliffe. Starting at 9:30am – 11:00am with craft times, stories, morning tea and free play that everyone will enjoy! $2 entry. Please call the Recalibrate Church office on 07 3284 6511 or email office@recalibrate.church for more details.

BAHA'I FAITH of Moreton Bay Region openly invites enquiries of Belief Principles, Children's Classes, General Information, Holy Day Events, Holy Script Study Groups, Internet Sites, Library Books, Pamphlets, Social Gatherings, School Religious Classes, Youth and Pre-Youth Activities and more. "The world is but one country and mankind its citizens". Baha'u'llah Phone: 07 38861567 Email: Moreton Bay LSA [mbrlsa.sec@gmail.com] Web: www.bahai.org.au or www.moretonbaybahais.org

BLUE DENIM COUNTRY MUSIC CLUB Progress Hall, 34 Cornelius Street, Clontarf. Socials 4th Sunday of each month. Contact Julie 3889 3179 or Lesley 3284 1083. All welcome. Entry is $6.00. Social commences 12:30pm. See Facebook for other details.

BOOM YOUTH A High School Youth Program in North Lakes (the Space) @ Kallangur (Kallangur State School). 7-9pm For more information, please call 0413 905 336.

Brendale Evening VIEW Club meet for dinner on the third Tuesday of the month at Wantima Country Club, (Golf Club) 530 South Pine Road, Brendale. We enjoy a two course meal, a guest speaker, raffles and lucky door prize. We raise funds for the children's charity The Smith Family and support students through their education. Ladies come meet new friends. Visitors and new members welcome. Phone Anna at 3425 3927 or 0400 557 082

BRIDGE PLAYERS, We have a small club at North lakes library level No1 meeting Monday and Friday mornings at 9.30 till approx. 12.30. come along or ring Ken Hooper on 32045636.

BRIDGE Redcliffe Bridge Club plays most days of the week. Players of all levels are welcome. Lessons held every six months. Morning and afternoon sessions. If interested please contact Richard on 3882 5970.

BUNYA TOASTMASTERS CLUB invites visitors to meetings on 1st, 3rd & 5th Wednesdays of every month at Aspley Hornets AFL Club. Learn public speaking and leadership skills while networking with enthusiastic locals. Starts 6:45pm until 9:30pm. Contact Trinh 0434 115 259 or email: trinh7077@gmail.com. Drop by on your way home and join the fun! It's FREE!

BUSH POETRY, NORTH PINE We meet 1st and 3rd Sundays 9am until noon at The Distillery North Pine Hotel Old Petrie Town Dayboro Rd Petrie. All welcome. Perform or listen, have your work read, Closet Poets set yourself free in a friendly nurturing environment. C'mon dip your toes in the water. Contact Cay on 07 3408 3219 or front up and make yourself known to the MC. Change your Life for the better, take the first step.

CABOOLTURE FAMILY HISTORY Research Group provides one hour of FREE assisted local, Australian and overseas research is available at Caboolture Family History Research Group Inc, located at Caboolture Historical Village, Beerburrum Road on Monday, Wednesday, Friday and Saturday between 9.30am - 2.00pm. (No entry fee to village for CFHRG research) Tel (07) 54282018 or email us at cfhrg55@bigpond.com.

CABOOLTURE HISTORICAL VILLAGE POTTERS is a pottery group located in the Caboolture Historical Village, Beerburrum RoadmCaboolture. We hold lessons every Monday and Tuesday from 9 am till 1 pm. We sell handcrafted pottery in our gallery. Contact phone number for the Pottery Shop is 5498 9933 or contact club president onmobile number 0409 057 436.

CATHOLIC MASSES ON REDCLIFFE PENINSULA. Everyone is welcome to join any of our regular Masses. These are held at the Holy Cross Church, Anzac Ave, Kippa-Ring, at 6pm Saturday (Vigil); 9am Sunday; and 5pm Sunday. Mass is held at Mary Queen of Peace Church, Victoria Ave, Woody Point at 7.30am Sunday. Weekday masses are also held. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com or phone 3293 0800.

CATHOLIC NEWS IN NORTH LAKES AND MANGO HILL. Everyone is welcome to our Sunday Mass at 9.30 am in St Benedict's School, Capestone Blvd (off Anzac Ave) Mango Hill. We have a very active youth group. We also hold a Friday weekday mass at St Benedict's School at 9.00am except for the first Friday of each month. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com

CENTRAL LIONESS CLUB Lioness Club Redcliffe. Meet new friends & provide community services for your local area. We meet on the 2nd & 4th Monday at 6.30pm at Woody Pt Hall, Redcliffe. Contact Gill Bust 32842025 & Liz Alcock 3284 9415.

CENTRED YOUTH A fantastic High School youth event in Redcliffe @ Recalibrate Church, every Friday (term time only). 7:00pm – 9:00pm (chill time from 6:30pm) with sports, games, PlayStation, great music and life changing messages. Contact the Recalibrate Church office on 07 3284 6511, office@recalibrate.church and check out our website www.centredyouth.com

CHRISTADELPHIANS OF REDCLIFFE - 6 Irene Street. Redcliffe.Find out what the Bible really teaches. Addresses held each Sunday evening at 7pm, - 2pm on the first Sunday of each month. Join us on the left side of the Redcliffe jetty, last Saturday of each month, 10:30am. All our activities are totally free, no collections, all your questions will be truthfully answered. E-mail redcliffeges@optusnet.com.au for further information.

CHRISTIAN GROW GROUP meets at Deception Bay Baptist Church, Cnr. Silver Street and Maine Terrace, Deception Bay, each Tuesday morning at 9.30 am. Our group welcomes anyone battling a mental health problem. We use Grow's long tried and tested 12 Step Program with practical steps and peer support to aid in recovery of mental health. For more details, phone Malcolm on 3888 0594.

CLASSICALLY TRAINED VOCALISTS wanted to start a group of 3-4 females aged between 25-40. Classical crossover e.g. Celtic women, Katherine Jenkins, Sarah Brightman, and traditional classical repertoire. Email Rebecca, at classical_music_girl1@yahoo.com.au

CONSUMER ADVOCACY For patients who have endured/enduring difficulty with current illness/disability or treatments. Jodie from Jodiesjourney.com can assist patients with free assistance and advice, particularly in the area of how to get the most out of the medical system and the best consumer outcomes. Jodie also speaks at functions and has a team of consumer consultants who can help anyone using the healthcare system at consumerconsultation.com - contact at jodie@jodiesjourney.com

CROSSWAYS SOCIAL GROUP FOR DISABLED ADULTS meets every 1st & 3rd Thursday of the Month from 7.00- 8.30PM at Redcliffe Uniting Church hall, 1 Richens St Redcliffe. Cost $2.00 & bus pick up a extra $1.00. Phone 3284 6451 for further information.

DECEPTION BAY GEM & ALLIED CRAFT CLUB every Monday Wednesday Saturday 9am to 12 noon at 52 Old Bay Road Deception Bay (opp. Deception Bay North State School). Learn how to cut & polish stones(cabochons) faceting, silverwork and more. Secretary 0414488560. Come and enjoy learning all aspects of jewellery making at our friendly club.

DECEPTION BAY SEVENTHDAY ADVENTIST'S meet every Saturday at Deception Bay Prima ry School Music Hall Corner of King Street & Beauford place at 9:30 am for bible study and 11:am worship service. Everyone most welcome. Contact Humberto 0738865818 for further information.

DECEPTION BAY SPIRITUAL CENTRE Every Sunday from 2.30 until 5.30pm for Meditation, Healing and Service. We also sell Crystal Gemstones at a very reasonable cost. All enquires contact Rev Carol Bloor 0418 592 412.

DISCOVERY BAPTIST CHURCH, North Lakes, is a Christian Church committed to knowing God deeply and making a difference in our community of North Lakes. We'd love for you to join us for Sunday worship and God's Gems (Sunday School) at 9.30 am at The Space – corner of Lakefield Drive and Endeavour Boulevard, North Lakes. For other information and activities please visit our website at: www.discoverybaptist.com.au or contact Pastor Phil Smith: 0430811967.

DOLLSHOUSE EXTRAVAGANZA is a 2 day display of doll houses and scale miniature items that will be on at the Strathpine Community Centre on the 27th and 28th February 2016. There will be traders will items for sale from across Australia & New Zealand. The show opens at 10 am and closes at 3.30 pm each day.

EILDON CROQUET CLUB is an enjoyable club to join and play croquet. We play 4 forms of croquet, ricochet, golf, association and gateball. We play Monday ,9:30, Tuesday 8:30, Wed 9:30 Friday, 3:30 and Saturday 8:30. This is a game that all ages can enjoy. We have 3 members of the gateball team who are children and they play very well with the adults, hence a great family game. You are most welcome to phone 3203 7262 or 3283 2924 and arrange to come along.

FLORAL ART. Peninsula Floral Art Group welcome visitors and new members to join them each month to have fun with flowers. We are a small group who enjoy both each others' company and learning the skills of flower arranging. Our meetings are at The Hub Old Fire Station Oxley Avenue Redcliffe on the 2nd Tuesday each month (February to November) 9.30am morning tea 10.00am workshop and meeting. Enquiries Pat Spillman Secretary Ph 32845795 Email pfag-redcliffe@hotmail.com.

FOOD SUPPORT. Do you need some Food Support? Struggling to put food on the table? Please contact the Life Community Care office to receive a box of food on 07 3482 3005.

FREE CONVERSATIONAL ENGLISH LESSONS Thursday Morning 9.30 – 11am or Tuesday Evening 7 – 8.30pm . All ages. In Deception Bay, crn Maine tce & Water st. Phone: Susan 04496 63421

FRIENDLY SOCIAL TABLE TENNIS club. We are a group of 50 and overs (men and women) that will welcome new members. We play every Monday from 8am untill 12 noon at Redcliffe Senior Citenzens hall, Oxley Avenue (next to the old fire station) cost is minimal including morning tea. come along or contact Pat 3880 1210 or pedwards1948@bigpond.com

GRANDPARENTS SUPPORT GROUP (GAGS) A support group for grandparents who raise their grandchildren full-time. We cover all of the Moreton Bay area. We are only a phone call away for a chat, advise. The group meets on the first Wednesday of each month (except sch holidays) in a conference room next to the Caboolture Library known as The Hub. For information phone Lynn Fielding 0407251274.

GROUP OUTDOOR FITNESS North Lakes This isn't a business it's just a small group M/F aged between 20ish and 50ish who get together twice a week in the park in Little Burke Street at North Lakes to train, Tuesday and Thursday from 6.30pm sessions go for about an hour, join us and get great encouragement and help, For more information and questions answered call or txt Bryan on 0428337525

HER INSTINCT CLUB @ North Lakes If you love sharing your talent, passion and life in food, writings, music, photography and art etc, meet us at the new club. Create and collaborate on projects that you enjoy and we may publish them on our not-for-profit website. Or simply brainstorm your next big idea with like-minded members at our gatherings. Dreamers, amateurs and professionals welcome. Men/women. Email chrisoer@gmail.com to find out more

JETTY ARCADE FREE CONCERT Redcliffe Surfside Country Variety second Sunday each month from 9.30a.m. with ROD BRANDT & his BOUNDARY RIDERS and selected guest artists. Contact Rod & Colleen on 3885 4347 further details.

JP BOOTH Deception Bay shopping centre 9-12 Mon-Fri 9-1 Sat

JUSTICE OF THE PEACE SERVICE Run by volunteers, a Justice of the Peace Service is available at Westfield North Lakes Monday – Friday 10.30 am -2.30 pm, Thursday Night 6.30 – 8 pm. Saturdays 9.30am – 12 midday. Call Westfield Centre Management 3491 9072 or emergencies only Dept of Justice Brisbane 1300 301 147.

KALLANGUR INDOOR BOWLS Monday Afternoons from 1pm-4pm Kallangur Community Centre, Next to the Library on Anzac Avenue, Kallangur Cost: Only $4 which includes tea, coffee and biscuits. Come along and enjoy an afternoon of fun. Join a friendly group who will welcome all new members. Beginners very welcome. For more information please contact Wyn Carlton on 07 3886 2779

KALLANGUR MEMORIAL BOWLS CLUB Wednesday Men's Pairs 12.30 pm. Thursday Ladies/ Mixed 9.30 am. Saturday Open Social 12.30 pm. Large airconditioned function room, private bar facilities and catering available. Friday night meals at very reasonable prices. Greens available for barefoot bowls for individual or corporate groups. Telephone 3285 2267 email: kallangurbowls@gmail.com for more information.

KALLANGUR, the Pine Rivers Senior Citizens Club Inc. welcomes you to join us for indoor bowls,sq dancing every Tuesday,concerts 2nd Wednesday of month,bus trips 3rd Wednesday,and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac avenue(opp Red Rooster) for further info please Fred on 32054024 or email prscc2@gmail.Com.

KALLANGUR OVER 50'S SOCIAL CLUB - NEW DAY If you are interested in meeting new friends and playing affordable bingo, then come along to North Leagues Services Club on Tuesday mornings at 9.30 a.m. Enjoy a cuppa with friends. Other club activities include raffles, playing cards and monthly bus trips. Special occasions also celebrated throughout the year. Membership only $ 5-00. Please contact Gailene 3285 3905 or email ng.parnell@gmail.com for more details.

KOALA & WILDLIFE RESCUE PINE RIVERS is a local community organisation that has been in operation for over 19 years. We can be contacted 24/7 for ALL wildlife on 0401 350 799. We meet at Pendicup Place 365 Samsonvale Rd Warner at 7pm on the 4th Thursday of each month all welcome. We are always looking for rescuers & new members. All enquiries please phone 0401 350 799.

KSP Theatre Inc: is an amateur, not for profit, theatre group celebrating our 30th year. Cnr Old Bay Rd and Maitland Rd Burpengary. We welcome new members of all ages who are interested in any aspect of live theatre. Five productions per year: pantomimes, comedies, theatre restaurants etc. Family friendly environment. For information about shows, membership, or to receive our newsletter please call 38888580.

LADIES 50 - 60S age bracket needed for social tennis, played at Chermside Rd in Danzy Buchanan Park Mango Hill on Friday mornings from 8.30 am to 11.30 am please Contact Christine 0432042764 or Maureen 0424098073. Lovely ladies would welcome you.

LADIES SMALL CARD GROUP Canasta five & pony 50's - 60's age bracket Wednesday 10am - 3pm North Lakes 3203 1239 Will teach if needed.

LAKES ANGLICAN CHURCH SERVICES. Sunday worship: 1st Sunday of each month Combined communion service and Children's Church at 9am: Every other Sunday there is a traditional communion service at 8am and at 10am there is a contemporary service which includes Children's Church up to age 11, modern worship, relevant sermons that address life's challenges.

LIFE! CHURCH SERVICES: 9:30am @ Kallangur State School & 5pm @ North Lakes State College. ALL ARE WELCOME. For more information, please go to www.thelifechurch.org.au

LIONESS CLUB OF MORAYFIELD & DISTRICT Come and join us to help support our local district. We meet on the 1st Thursday of each month for a Dinner Meeting, 6.00 for 6.30pm for a short meeting and socializing. Also, on the 3rd Wednesday morning 9.30 for 10.00am for a Business Meeting. Venues will be advised on contact. Contact Margaret Zonca 5499 0509 or Joy Hynes 5433 0650.

LIONESS CLUB OF REDCLIFFE CENTRAL meet 2nd and 4th Mondays at 6.30pm. This is a great way to make new friends and help the community at the same time. For further information Phone Liz on 3284 9415.

LIONS CLUB OF NORTH LAKES: If you're a new resident of North Lakes wishing to integrate into the community and want to make new friends, please consider joining our club. We Dinner/Meet the 2nd & 4th Wednesday evenings of each month, have regular interesting guest speakers, are pro-active and incorporate a varied social outing calendar, mindful of keeping a balance between family, work and play. We're a very happy Lions club and encourage couples to join. Call Chris on 0429 457 722 and I'll arrange our Membership Chairman to call you.

LIONS CLUB OF REDCLIFFE. Our friendship club welcomes you to join us once a month for a fine meal with interesting guest speakers, and have a friendly get together once a month to play cards or just chat. Call Neil or Maureen Tyler on (07) 3204 8883 or Email nghmtyler@bigpond.com

LIONS CLUB OF REDCLIFFE KIPPA-RING Come join our flourishing Club, supporting the local community. We run the Redcliffe Showgrounds Community Markets every Sunday from 6am – 11am. We visit the elderly & isolated, and recycle used spectacles to send to needy countries, plus more! Meetings held 1st & 3rd Tuesdays at Rothwell Hall, Board meeting 2nd Tuesday. Call 0418 191 578.

MAKE FRIENDS HAVE FUN with The Moreton Bay Social Group 45+ Join us Tuesday evenings from 6pm at Redcliffe Leagues Club as friends, lets chat and maybe enjoy dinner in a relaxed atmosphere with friendly people and discuss outings to enjoy for the month and beyond. If you are interested in a group that only wants to socialize Ph Maureen 34918998 Nick 0423543833 Jen 38803357

MASONIC MEETINGS Freemasons, and anyone interested in learning about Freemasonry, wishing to attend a Daylight Lodge. We meet 9-30am. the fourth Monday of every month at Freemasons Centre Seaville Av.Scarborough, on the Redcliffe Peninsula. Our friendly Ladies ,who attend every Luncheon,will extend a warm welcome to your wife,please bring your wife along. Phone Les 3888 0739.

MEN'S SHED REDCLIFFE Community is now up and running and available to All Men, in the area. Activities, or just a cuppa and a yarn are on offer in this new Shed . The Shed is at The CommunityHouse 1 Laminton Drive , off Oxley Avenue and hours are Mon,Wed,Fri, 9-00am til 1-00pm. Call in for a chat or phone 0490 468 222 and speak to Wal or Joe

MEN'S SHED The Pine Rivers men's Shed operates every Monday, Tuesday, Wednesday and Friday 8.30am – 1.30pm at our shed, Old Petrie Town, Dayboro Rd, Kurwongbah. If you like activities such as woodwork, metalwork, computing, etc and making items for the community, or if you just enjoy a cuppa and a chat – come along. All men of any age welcome. For further information contact Sal 32612323 or 0438612324.

MORETON BAY CHRISTADELPHIANS Free Bible based seminars. On every Wednesday at 7.30pm. Various Topics. 4 Whites Rd Petrie. For more info call 0411 649 466 or email info@moretonbayecclesia.net

MORETON BAY SYMPHONY ORCHESTRA aims at providing quality music for the Moreton Bay region. MBSO performs a selection of music such as contemporary popular, classical and large scale symphonic music. Subsidiary groups include a Junior Strings (under 15), Youth Symphony (under 25), Jazz Band and Flute Choir. Play an instrument? We are always on the lookout for more musicians! Like us on Facebook! Email: enquiries@mbso.org.au Visit our website at: www.mbso.org.au

MOUSETRAP THEATRE Redcliffe Showgrounds home to plays, musicals, cabarets, pantomimes and theatre festivals. Acting workshops for primary & high school aged children.

Technical workshops. We are a warm and friendly little theatre company, where everyone is welcome, either in acting, backstage, technical, directing roles etc. Further information: 0439 954 719

NAVY CADETS – TS Koopa Youth 13-19 Years Parade 630pm to 930pm Friday Nights TS Koopa Kal-Ma-Kuta Dr Sandstone Point Enquiries co.tskoopa@navycadets.gov.au 0430 940 189

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. meets on the first three Tuesdays of the month at 09:45 am at the Community Centre, The Corso, North Lakes. On other Tuesdays we meet for lunches, bus trips and planned outings. Enquiries please phone: Julie, 3886 4552; Colleen, 0418 658 442; or Carmen, 3491 9410: All welcome.

NORTH LAKES UNITING CHURCH offers a family service with children's Sunday School. Services each Sunday at 9:30am followed by fellowship and refreshments are held at The Lakes College located at Cnr College Street and Discovery Drive, North Lakes. All welcome. Contact Mark Cornford on 0421 950 325 or email info@northlakesunitingchurch.org.au

OLDER WOMEN'S NETWORK, Woody Point meet every 2nd & 4th Tuesday at 10AM. We are an energetic fun & friendship group who meet for company, mutual support and to information relevant for senior women. Venue: Woody Point Memorial Hall Cnr of Oxley Avenue & Hornibrook Esplanade, Woody Point. Entrance fee $4 Lucky Door Prize 9th Feb Topic: Enduring Power of Attorney & Advanced Health Directive. 23rd February: Author Lorraine Szabo. Speaker JP John Carpendale

PEACE PRESBYTERIAN CHURCH We welcome visitors to our church at 155-157 Maine Terrace, Deception Bay. Weekly service held at 9:30am and Kid's Church starts at 9:45am. Regular Kids Club programme over two days during the school holidays. Teen club meets the first Friday of the month at 5:00pm for tea. Monthly craft group and an op-shop that opens the second Thursday of the month from 9am to 12noon. Please drop in and share a coffee and cake with us. For more information phone 3888 3781.

PENINSULA ANIMAL AID is an animal refuge shelter for rescued dogs and cats. The shelter is located at Clontarf on the Redcliffe peninsula and is solely run by volunteers and has been operating since 1971. If you would like more information about adopting an animal, volunteering, becoming a member or attending our monthly meetings, please phone 3284 1927 or go to our website www.peninsulaanimalaid.com.au

THE PENINSULA HERB GROUP meets every third Saturday in The Wallum Centre at the Redcliffe Botanic Gardens, Henzell St Redcliffe. Meetings start at 1:30, we welcome all visitors and anyone interested in herbs. For any enquires please ring the secretary on 32843279 or herb garden coordinator on 32831828.

PENINSULA SOCIAL GOLF CLUB welcomes both male and female golfers of any level, with or without an AGU Handicap. Peninsula Social Golf Club plays at a variety of courses with both single and team events, has an annual dinner and presentation evening and a weekend end of year trip. Any golfers interested can contact Club Secretary Noel Price 0413 781 830 www.peninsulasocialgolfclub.asn.au

PENNINSULAR WELLNESS GROUP. Learn about the healing power of essential oils. How essential oils can help you to recover from illness and stay well. We meet Sundays from 2:30 pm to 4:30 pm at Warwick Tower 13/51 Marine Pde Redcliffe (opposite Sutton's Beach) For more information ring 07 34825145

PINE RIVERS QCWA is holding a Market Day and Jumble Sale Sunday 13th December at Redcliffe QCWA Hall, 189 Prince Edward Parade Redcliffe. 8am–1pm. Stalls with Scrapbooking, Sewing, Craft, Books, Baking, Preserves and Bric a Brac. While there browsing enjoy a Devonshire Tea. Limited tables still available: Phone Sylvia - 5495 5151

PINE RIVERS SLIMMERS CLUB. Trying to lose weight? Need Help? Join us every Wednesday morning at the Lions Hall, Lawnton Showgrounds from 8.15am – 9.45am. Joining fee $12. Weekly fee $3. For a relaxed social atmosphere, friendly support, nutritional advice, recipes and competitions. 30years+ in the operating in the shire. Contact Chris 3285 2949

PINE RIVERS VIEW Club meets on the third Wednesday of each month for lunch at Murrumba Downs Tavern,Murrumba Downs. Interesting speaker. On the first Wednesday of each month we have an outing to a place of interest. Ladies come and meet new friends. Visitors welcome. Phone Sandra 3425 2738 and Elizabeth 38864937

PLAYGROUP MANGO HILL. 9:10-10:10am each Friday (except school holidays) for families of children planning to attend Mango Hill State School. Indoor and outdoor play, music and story time for children aged 2-5 with their parents/carers. Program led and facilitated by a teacher. All activities are free! Come along and get to know others in our caring school community. Contact Gabrielle Douglas gdoug7@eq.edu.au.

PLAYGROUP REDCLIFFE - 9am Wed & Friday. 1 Richens St, Redcliffe [Redcliffe Uniting Church]. Well organised and structured playgroup. More details check out the Redcliffe Uniting Church website.

PLAYTIME ROTHWELL Thursday 9am -11am Mueller College A Block Morris Road. Suitable for children aged 0 to 4. Operates during school terms. Enjoy a cuppa and a chat with other adults while the children interact, playing with toys and doing craft. Shared morning tea is on a roster basis. Gold coin donation each week. Provided by Mueller Community Church. Contact Isabel on 3897 2869

PROSTATE CANCER SUPPORT GROUP for the Moreton Bay Region meets second Tuesday every month. There are medical profession speakers with an opportunity to talk to these and other men affected by the disease. Meetings start 6.30pm, Education Centre, Redcliffe Hospital. Men, partners and family members are welcome. More info contact Fred Travis on 3480 5904 or 0404 495 898.

P.U.B.S Home brew beer club, meets last Tuesday of every month at Kruger Hall, Kallangur at 7pm, for advice, comps and everything home brew, new members welcome, for more info call Greg on 0423205205

PULSE YOUTH is the youth program of Life! Church. Come check out the craziest games, pumping music, hear a great word, be part of a connect group and make amazing friends! Every Friday night, 6-8.15pm Kallangur State School Hall, School Rd, Kallangur! For more info contact Scott & Miriam on 0413905336 or youth - youngadults@thelifechurch.org.au

PROBUS CLUB OF KALLANGUR meets at 10am on the 4th Friday of the month at the Baptist Church Hall, Ogg Rd. Murrumba Downs, has bus trips and Walks and Talks and Morning Teas and Lunches. Visitors welcome VACANCIES NOW Joan 38863656, Ken 33841313, Dorothy32851538

PROBUS CLUB OF REDCLIFFE Inc. The Club is for Male and Female retirees Seeking fellowship and fun. We enjoy Entertainment, Coach trips, Cruises, Dine-outs, Local and QPAC Theatre days, Lawn bowls, Beach BBQs & Coffee mornings, Meetings - second Monday of every month at the Redcliffe Golf Club. President Barry Lynch 3284-3434 or 0400 270 760 gramps98@optusnet.com.au

PROSTATE CANCER SUPPORT GROUP at Redcliffe meets on the second Tuesday of every month. Medical professionals speak at each meeting and is an opportunity to talk to these as well as other men and their partners affected by the disease. Partners of men attend regularly. Meetings start at 6.30pm at the Education Centre of Redcliffe Hospital. All men, partners and family members are welcome to attend. More info contact Fred Travis on 3480 5904 or 0404 495 898.

QUEEN'S BEACH INDOOR BOWLS Club Inc. Monday 7.15pm Thursday afternoon 1.15 pm Church Hall cnr. Griffith Road. & Prince Edward Pde.Scarborough.

QUOTA INTERNATIONAL CLUB OF NORTH LAKES meets at North Lakes Health Precinct on the second Monday of each month at 6.30pm for a light supper followed by our meeting at 7 pm. If you would like new friendships, share in our local community and support local and international projects, give us a call. For more information on the work that we do and be involved with this great club, call Lyn on 0408 873 939 or Val on 3385 0661.

RECALIBRATE CHURCH 9:30am & 6:00pm every Sunday @ 3 Plume Street, Redcliffe. EVERYONE IS WELCOME! Services include full kids provision from 2-11yrs, great worship, relevant and encouraging messages and brilliant opportunities to form community and friendships. Contact the office on 07 3284 6511, office@recalibrate.church and check out our website www.recalibrate.church

REDCLIFFE BRANCH OF NATIONAL SENIORS. Meets on the last Friday each month at 10-00 a.m. for 10-30 a.m. in the "Kokoda Room " of the Redcliffe R.S.L. Club. Phone secretary Lynette on 3204 1678

REDCLIFFE CITY CHOIR practises weekly in the Rothwell area, Monday nights from 7:15 - 9:30pm. We sing a range of music - from pop, folk and jazz to classical and light opera. Most pieces are in four-part harmony. New members are always welcome! More information phone 3385 9778 or 3889 5789.

REDCLIFFE CITY LIONESS CLUB meets on the 1st & 3rd Mondays at 6.30pm at the Woody Pt Hall, Redcliffe. Make new friends & support local community projects. New members welcome. For further information contact Noelene on 3293 1222 or Trish on 3284 3498 or 040 7117212

REDCLIFFE COUNTRY MUSIC CLUB. Dalton Hall, Redcliffe Showgrounds Scarborough Rd. Socials : 3Rd.Sunday 1.00P.M. 4Th Friday Night 7.30.P.M. Quality Guest Artists & Walk-Ups. Contact Trudi on 3284 7609. All Welcome: Entry $ 4.00.

REDCLIFFE & DISTRICT FAMILY HISTORY GROUP. Membership open to anyone wishing to research their ancestors. Our Library contains over 600 books, microfiches, CD's and computer access. Help is always available, with tea, coffee and a friendly chat. We meet every Tues & Thurs morning 9.30 am till 12.30 pm, and one Mon evening a month by appointment, at the Scout Hut, Isobell Street, Clontarf. Contact 3293 0567, or email RDFHG2012@gmail.com

REDCLIFFE EXSERVICEWOMEN'S CLUB Third Monday of each month, 10.30am, Meeting Room Redcliffe RSL, Irene St, Redcliffe. Exservicewomen of all ages from all services welcome to share social comradeship with others. Phone Wendy on 3880 2602 for more details.

REDCLIFFE FAMILY FUN is a new community Facebook page listing activities and events for families in Redcliffe and other Brisbane Northside suburbs. www.facebook.com/ReddiffeFamilyFun

REDCLIFFE HEALING ROOMS Come and let God touch and heal you. Woody Point Community Centre Cnr Hornibrook Esp & Oxley Ave Woody Point Wednesday 7 - 9pm and Friday 10:30 -1pm "Grandenfrie" Cnr Anzac Ave and Duffield Rd Kallangur Monday 10am -12noon All welcome. No appointment necessary. Enquiries 07 3284 1880

REDCLIFFE HISTORICAL SOCIETY holds its general meeting on the second Friday of the month at 2pm, in the Meeting Room of the Redcliffe Library. Monthly guest speakers highlight interesting aspects of Redcliffe's history. Members and guests are invited to participate in the meeting and share afternoon tea. Enquiries to the Secretary Nette Griggs on 0458643506 or at info@redcliffehistoricalsociety.com. Website: www.redcliffehistoricalsociety.com

REDCLIFFE LADIES PROBUS CLUB Meets on the 2nd Thursday every month at The Bramble Bay Bowls Club, Hornibrook/Victoria, Woody Point at 9.30am for 10.00am. Enjoy morning tea, a guest speaker and outings. Visitors welcome. Contact Margaret 3284 4242

REDCLIFFE MULTITUDE CHOIR is a non auditioned community choir singing a mix of pop, jazz and folk music, rehearsing every Thursday night during school terms at Margate Baptist Church Hall, 27 Duffield Rd. Margate. The only requirement is a love of singing. Contact 0402 121 155

REDCLIFFE OVER 40 SOCIAL DANCE CLUB INC Meets at CWA Hall Prince Edward Parade, every Wednesday night from 6.30-10.30 pm. Band music to modern and new vogue dancing. New participants most welcomed. Supper provided. Theme nights throughout the year. Singles, new dancers and all abilities welcomed. Non profit organisation. www.over40socialdanceclub.org

REDCLIFFE OSTAMATE SUPPORT And Carers Group Meet at the Cultural Centre Redcliffe in the Schillam Room at 10am on the first Tuesday of the month. Cost is $2 and morning tea is supplied. For more information please contact Dot 54 95 1335.

REDCLIFFE PENINSULAR DARTS ASSOCIATION: Players needed to our Wednesday night fixtures. A & B Division Teams. No need to register with a full team - we can certainly get you in a side now. $15 yearly registration & $4 fees per night. Licenced bar facility. Call Patty Martin 3203 8587

REDCLIFFE PENINSULA POETS Group meet on the first Tuesday of the month at the Redcliffe Cultural Centre 7pm in the Winton room. Everyone is welcome to come along. Read your own poetry or some from a book! Our next concert is on February 17- 10am Cultural Centre Redcliffe $6.50 "Valentine's Day". Lots of Laughs and fun- I'm sure you will enjoy the morning. President Janice 3889 4701

REDCLIFFE PENINSULA PROBUS CLUB meets on the 4th Tuesday of each month at the Kokoda Room, Redcliffe RSL, Irene ST. Redcliffe at 10.30am. New members most welcome. Contact President Bob Ph. 3467 3091 or Secretary Ray 3203 2611

REDCLIFFE PENINSULA SURF LIVE SAVING Want to part of the community? Fancy joining one of the most iconic Australian organisations? Ever thought of learning lifesaving skills? Situated at Suttons Beach, Redcliffe, we run a nipper program for those aged between 5 and 13 every Sunday between the months of September and March. Call 32844105 or go to www.redcliffeslsc.com.au

REDCLIFFE PENINSULA VIEW We meet on the second Thursday of each month at the Moreton Bay Boat Club for our meeting and a fine lunch. The sights and scenes seen from the deck are also something special to share and celebrate with friendly ladies gathering to help the Smith Family support Learning For Life Students. Please call Gillian on 3885 8210 if you would like to come along to share lunch with benefits.

REDCLIFFE POTTERY GROUP: Wheel-throwing classes for the beginners. Two classes on Tuesday and Saturday with 2-hour lesson over 6 weeks. Fees are $120 per semester. Classes are held at our studio at Old Redcliffe Fire Station 395 Oxley Avenue, Redcliffe. Contact Tad on 0411 339 061 or email austad@bigpond.net.au

REDCLIFFE RSL SUB-BRANCH General Meetings of the Sub-Branch every two months on the third Sunday of the month at 10.30 am. We also conduct interviews for Service pensions, disabilities and Advocacy claims covering Service personnel, police and cadets. For appointments call 3889 4872.

REDCLIFFE RUGBY UNION. Senior Rugby Union training 6.30pm Tuesday & Thursday, Veterans touch footy 6.30pm Wednesday, senior games played Saturday, Veterans games played Friday night. Seniors & veterans (35+) team info, club news & game dates at www.redclifferugby.com.au Enquiries to play Mark 0423214202 or senior.secretary@redcliffe rugby.com.au Ray Frawley Fields. Silcock St Clontarf.

REDCLIFFE SENIOR CITIZENS CENTRE 401 Oxley Ave, Redcliffe, 4020. Membership $8 with joining Fee $2. Activities, Table Tennis, Indoor Bowls, Darts, Concerts, Hoy, Snooker,Vogue Dancing, 500,Line Dancing, Pilates & Chee Gung. Contact 3284 1366 or 0418 796936.

REDCLIFFE SNOOKER CLUB Inc. Meets every Monday 5.00pm at our new Clubrooms, 1 Bowling Green Lane, Redcliffe for a social competition. We have 4 snooker tables and the rooms are also open to visitors 10.00am to 4.00pm every Thursday, Friday and Saturday for a practice hit. Costs are $2.00 per hour per person with partner- for further information please ring Garry Wardle 0414722189 or email snookerclub@optusnet.com.au

REDCLIFFE SPIRITUAL DISCUSSION GROUP meets at Unit 3 (down the back) 124-130 Oxley Avenue, Woody Point (near Ellen Street), on the first Friday of each month, at 7.30 pm. We explore theosophy, Alice Bailey writings, poetry of Rumi, holistic psychology of Carl Jung, the I Ching, Taoism and Zen, Feng Shui, Tibetan Buddhism, progressive Christianity, sacred sites, music, prayer, meditation and so on. All welcome. Tel: 3283 8386.

REDCLIFFE TABLE TENNIS ASSOC INC offers a social atmosphere and has a range of players from beginners to very experienced. The club is located at Clontarf High School Gymnasium in Isobel Street, Clontarf every Friday night from 7.30pm. Quality Stiga tables and 3 star balls are provided and bats are available for use by casual visitors. Charges are very reasonable. For further information contact Terry on 0407007143 or email redcliffe.tta@gmail.com.

REDCLIFFE TPI SUB BRANCH meets on the first Monday of every month, 9.30 a.m. at the Redcliffe Bridge Club Rooms in Irene Street Redcliffe (next to the RSL). All TPI, Special Rate Pensioners, prospective members and Spouses are invited to attend. Further information available from Mick Karolak on 3283 1721 or Pedro Newman on 3889 5704.

REDCLIFFE UNITING CHURCH - A Community aiming to be at the Heart of the community. Worship Sunday 9am, 1 Richens St, Redcliffe. Never boring, always engaging! Download our APP 'Redcliffe Uniting' or check out our website.

ROOMS FOR HIRE (REDCLIFFE): A variety of spaces are available to hire for your parties, events, funerals, seminars, conferences, meetings or business. Competitive prices, onsite parking and a well presented environment. Multimedia, AV equipment, Wi-Fi and catering options. FREE QUOTES GIVEN. Contact Recalibrate Church on 07 3284 6511 or office@recalibrate.church for details.

ROTARY CLUB OF KIPPA RING-NORTH LAKES meets Wednesdays from 6.15 pm at Rotary District Office : Evergreen Centre 14-18 Discovery Drive, North Lakes. Rotary connects 1.2 million members from 34,000 clubs in 220 countries. Come join us. Once a week, we meet to help others in the wider community. It's life changing. Contact Garry Gibson on 0419 742 769

ST JOHN AMBULANCE Moreton bay Cadets and Adults ages 8 and up meet Thursdays from 6:30pm at the Redcliffe SES hall 35 – 41 Portwood Street Redcliffe. For more information contact the Divisional Manager on 0402 895 206

SATURDAY MORNING BICYCLE RIDE in and around north lakes. I am seeking riders utilizing bike lanes and bikeways in a safe and friendly environment. 7am starts with a coffee/ drink break. beginners and intermediate riders, not setting any land speed records just enjoying the great infrastructure of north lakes. Phone Dean at Allsorts- BERG ph 0431286322

SCOUTS offers an exciting and adventure filled learning environment for youth members. Interested? Kallangur Scout Group invites boys and girls from age 6 upwards to join in the fun. For further info contact the Group Leader Chris on 0404 438014.

SINGLE SENIORS OVER 60yo in Moreton Bay area. Would you be interested in joining a small social group of single men and women? We've all experienced the times when we would like to dine out, see a movie, have a picnic, see a show etc etc but maybe not on our own!! So why not join our group and share company. If interested, please email Kate at hopexyz1@hotmail.com.

SLIMMER'S SUPPORT GROUP, KALLANGUR, meets at Q.C.W.A. Hall, Anzac Ave., Kallangur on Friday Mornings at 9 am. NEW MEMBERS WELCOME. For more information please contact Bev. 3882 4598, Denise 3205 3989 or Gail 3204 4163..

SMALL DOG CARER'S CLUB Meet other dog lovers and socialise your small dog with other small dogs. Join the club and have your dog lovingly cared for while you are on holidays, no need to use a kennel. We meet once a month on the first Monday of the month. New members (retired or semi- retired) are welcome. Phone Kevin on 3881 1282.

SOCIAL COFFEE LOVERS GROUP If you enjoy coffee and stimulating conversation, and meeting new people then join us to take advantage of some of the beautiful Peninsula cafes on offer. If interested email Carolyn at carolyn2527@hotmail.com.

SOROPTIMIST INTERNATIONAL Moreton North Inc. is a global voice for women representing 90,000 members in 126 countries. Our projects assist women and girls to access education and leadership opportunities, health care and human rights locally and internationally. Regular meetings and social events are held throughout the Moreton Bay Region. Contact Caryl 0417 730 155 or Audrey on 0402776840 Email simoretonnorth@siswp.org www.soroptimistinternational.org

SOUTH AFRICAN LADIES GROUP Join the "SA LADIES – North Lakes" facebook page to connect with fellow South Africans in the North Lakes and Surrounding areas. Contact Catherine for more information. 0406781261 or monksc@gmail.com

SPECIAL OLYMPICS MORETON NORTH CLUB. We are a regional club of Special Olympics Australia. We bring the benefits of regular sport and competition to children and adults living with an intellectual disability, in the Moreton Bay region. Sports offered are swimming, basketball, athletics, soccer, cricket, golf, ten pin bowling and gymnastics. For more information, please contact Louise on 0411 822 055 or email SOMN.louisegee@outlook.com.

SPINAL LIFE AUSTRALIA'S BRISBANE Post Polio Network will meet at 2.00 pm on Saturday 6 February at Spinal Life Australia, 109 Logan Road, Woolloongabba. (Entrance and parking off Balaclava Street). New members are welcome. For more information please contact Jeanette on 3435 3140

SPINAL LIFE AUSTRALIA'S MORETON BAY Spinal Injuries Network meets at 1.00pm on Wednesday 3 February, 2016 at the Kallangur Memorial Bowls Club, 1351 Anzac Avenue, Kallangur. Guest speaker will be the Coordinator – Member Networks. New members welcome. For more information phone Spinal Life Australia on 3435 3140.

SUPPORT FOR PARENTS Concerned about your teen's behaviour? Don't know what to do? You're not alone. A lot of parents are facing problems just like yours.

SUPPORT GROUP FOR MEN. Men Supporting Men Inc. meets at the new Neighbourhood Centre, 9 George St, Caboolture (opposite the Caboolture State School) every Thursday from 6:45pm-10pm. The group encourages self awareness in a safe and supportive environment. Any man is welcome to attend. Enquiries: Allan 5497 4022 or Paul 0401 625 141 up to 9pm.

SUPPORT GROUP for women battling their poker machine addiction. I am dealing with a pokies addiction and am on my way to beating it. One thing I always wanted was someone to talk to who understood. This group is not therapy or a cure but a chance to share our experiences and, maybe, help each other beat our addiction. Meet Wednesday evenings 7.30pm, Redcliffe. Please email me for details. arenaissance@live.com.au

SWIMMING CLUB Would your child like to learn how to race and participate in swimming meets? If your child can swim a minimum of 25m join us for a free introductory club night (conditions apply). Year-round, indoor heated 50m pool. www.australiancrawl.swimming.org.au or phone Shane 0410 468 205 or Jane 0403 859 185

TABLE TENNIS ASSOCIATION in Redcliffe hosts Table Tennis at Clontarf High School Gymnasium, Isobel Street, Clontarf on Friday Nights at 7.15pm. We provide the balls and have a range of bats available for use. The environment is social and new players/beginners are welcome. The nightly fees are very reasonable so for further information, please contact Terry on 0407007143 or email redcliffe.tta@gmail.com.

TEAR Groups are local groups that meet to discuss issues relating to poverty and injustice in Australia and overseas and to advocate on the behalf of disempowered and poor people – most often the poorest of the poor. A Christian Justice Group, meets locally on the first Monday of each month from 7pm-9pm. If you care about poverty, injustice and advocacy for the poorest of the poor then please join us. Phone Di on 073888 0571 or 04-08881507 for details of meetings.

TUESDAY CLUB INC. is a non-profit working organization that raises funds for the Underprivileged & Disadvantaged within the Redcliffe Area. Meetings are held at the Moreton Bay Boat Club every 2nd Tuesday of the Month at 10am, New Members very welcome. Contact Marion 3284 1526 or Loela 3284 4167

U3A REDCLIFFE INC. provides an educational environment for people in the third stage of life. It holds a variety of classes run by volunteer tutors. A subscription of $20 per year applies and a small fee for each class of $2. Computer classes are $30 for 8 weeks. Make enquiries at the office on Level 1, 157-159 Sutton Street or call 3284 2687 email u3a@u3aredcliffe.org.au. More information is on the net at www.u3aredcliffe.org.au

UNITING CARE & TARGET CHRISTMAS APPEAL. Please drop off a gift or make a donation at your local Target store. These gifts will help us deliver hope and happiness to people in our local community who are doing it tough. LET'S PUT A SMILE ON THEIR FACES!

WEIGHT REDUCTION CLUB OF REDCLIFFE. A not for profit body assisting people to solve the problem of being overweight. We meet every Tuesday morning at the Community Hall, Morris Rd, Rothwell from 8:30 am. New members welcome - for more information ph: 3283 7118 or 0424 671 554 or email wrcredcliffe@hotmail.com

WORLD HARVEST MINISTRIES. You are invited to our Sunday worship services 9am and 6.30pm! Come and experience the presence and power of God! Let your life be transformed, receive healing in your body, soul and spirit. Learn about God's truth. We teach the uncompromised Word of God. Families welcome! 53 Telegraph Road, Bald Hills. Tel: World Harvest Ministries 3261 4555.

YE OLDE BRASS RSL MEMORIAL BAND Redcliffe Inc Present their Annual Christmas Concert Featuring Christmas Carols; and other Popular Christmas Tunes Santa and Christmas Raffles Date: Sunday 13th December 2015-11-13 Time: 1.45 PM Venue: Redcliffe RSL Kakoda Room Admission: FREE

YOUTH GROUP The Salvation Army, Redcliffe Come join us on the 1st and 3rd Friday of the month from 7 til 9 pm and enjoy a mass of activities from old school video games to ping pong and movies. We are located on Ashmole Road, Redcliffe (Turn left off Anzac Ave). Check out Facebook.com/VisionYP for contact information and further details.

ZONTA CLUB REDCLIFFE Membership is open to all women who are actively involved in business and professions. Meetings are held on the 4th Monday at each month. Interested? Further information may be obtained by contacting info@zontaredcliffe.org.au Or: 0457426806

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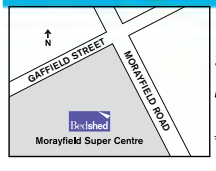

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